Slow Food®

Slow Food Foundation
for Biodiversity

Slow Food Presidia
and Sustainable Development

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The concept of sustainable development made its first official appearance in 1980, in the World Conservation Strategy produced by the International Union for the Conservation of Nature. Today, the universally accepted definition of sustainable development comes from the report *Our Common Future*, published by the World Commission on Environment and Development in 1987: "Sustainable development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs."

However, the issue of sustainability only began to be accepted by the international community following the 1992 United Nations Conference on Environment and Development in Rio de Janeiro. In fact, one outcome of the UN conference, which came to be known as the Earth Summit, was Agenda 21, an action plan for achieving sustainable development in the 21st century.

According to Agenda 21, "Governments…should adopt a national strategy for sustainable development… This strategy should build upon and harmonize the various sectoral economic, social and environmental policies and plans that are operating in the country… Its goals should be to ensure socially responsible economic development while protecting the resource base and the environment for the benefit of future generations. It should be developed through the widest possible participation. It should be based on a thorough assessment of the current situation and initiatives."

Numerous tools and actions are required to implement the three essential principles of sustainable development, namely:

1 – principle of fairness: ensures the fair allocation of the costs and benefits of every policy and in every sector in time and space.

2 – precautionary principle: ethically systematic, avoids the most serious outcomes with preventative, proactive and shared measures for the defense of the ecosystem.

3 – principle of subsidiarity: guarantees the cooperation of all government structures in favor of social and ecological survival and the defense of human rights and nature (Luciani and Andriola, 2001).

The need to reconcile economic growth and fair distribution of resources in a new model for development began to attract attention in the 1970s, but it is of increasing relevance today. This is thanks to the widespread awareness that the classic conception of development, tied exclusively to economic growth, is the main cause of the incipient collapse of natural systems.

In its widest significance, the concept of sustainability implies the capacity of a development process to support, over time, the reproduction of the global capital composed of economic capital (everything that individuals and businesses have created and are creating), human/social capital (the individuals themselves) and natural capital (the environment).

Slow Food's activities can be seen within this context. Since the end of the last century, the organization has been developing a series of projects in Europe and the rest of the world, seeking new harmony within the producer-consumer system. Food is taken as the starting point, and most importantly a holistic approach is applied to subjects often dealt with separately at both a scientific and policy level, such as environmental and social issues.

In particular, **Slow Food's** actions embrace and reinforce one of the innovative elements of sustainable development: the search for intergenerational fairness. On the basis of this principle, future generations have the same rights as current generations. The **Slow Food** approach is also strongly based on intragenerational fairness: Within the same generation, people belonging to different political, economic, social and geographic contexts have the same rights.

The starting point for **Slow Food's** actions is food, in its broadest possible sense, meaning not just gastronomy but the result of numerous policies on raw materials, quality, biodiversity, agriculture, farming and processing. The holistic vision that characterizes the **Slow Food** approach **is not limited to the three directions of sustainable development (environmental, social and economic) but, within them, emphasizes more complex cognitive pathways that originate from traditional knowledge and its transmission to future generations.**
The reference points of the strategy proposed by **Slow Food** derive from reflections that have emerged within the Slow Food association and from interaction with the external scientific, economic and political world. These reflections are on issues relating to biodiversity protection, the need to promote local and rural development to confront the ideas imposed by globalization, a rethinking of the producer-consumer relationship and the search for a new concept of quality.

Drawing on work in various fields, Slow Food brings to its projects a holistic vision that re-interprets these elements, creating a connection between them with the aim of promoting food that is "good, clean and fair."

Key Points of the Slow Food Presidia Project

• Biodiversity and the protection of the multifunctionality of agro-ecosystems
Slow Food began to work on biodiversity at the end of the 1990s, placing food at the center of its actions and drawing attention to the overly narrow approach of most national and international organizations concerned with biodiversity.

From the beginning, **Slow Food** has proposed a complex and systemic approach that takes into account all the components of food biodiversity, including agricultural biodiversity (varieties, ecotypes, native breeds and populations selected by farmers over the centuries); food biodiversity, made up of the variety of traditional products; and wild biodiversity, which comes from the gathering of wild populations and the maintenance of natural habitats.

The starting point for the **Slow Food** approach is inspired by the fact that for several decades, humans have been methodically attacking agro-biodiversity. It has been simplified and standardized, through the constant reduction of cultivated varieties and farmed breeds and the spread of agro-industrial production models based primarily on intensive monocultures. Additionally, the human race often indirectly erodes biodiversity at a global level by modifying ecosystems: digging wells, cultivating virgin land, contributing to soil erosion and impoverishment, draining water reserves, altering the climate and impacting natural habitats and ecological communities.

In short, humans are systematically eliminating the extraordinary biodiversity that they have spent the last 10,000 years carefully and patiently selecting and creating. The collapse of local crops, in Italy as in the rest of the Europe, brings with it the loss of values, traditions and services provided by ecosystems, which can increasingly be quantified in terms of environmental, social and economic damage.

The activities of the **Slow Food Presidia** reinforce the link between farmers and their land, raise the profile of typical and traditional products and promote a fair remuneration for producers. The idea is to reconstruct and reinforce the cultural dignity of small-scale food producers, inspiring them to continue their work even in the most marginal areas and revitalizing small local economies. In Europe this translates into safeguarding the traditions and environmental and cultural heritage indispensable to preserving local identities and the pleasure of food.

• Redefining the producer-consumer relationship through narrated quality

Tackling the issue of quality in relation to the food sector is complex and requires dealing with some very tricky issues. The complexity is firstly linked to the difficulty in identifying precisely and correctly what is meant by quality. **Slow Food** has added its voice to the debate around a comprehensive definition of quality, introducing the concept of "narrated quality." Quality cannot be summed up with labels or indicators, given the complexity of factors that must be taken into account (knowledge of the local area, processing techniques, recipes, sensory and nutritional characteristics). None of these factors is comprehensive enough to be considered on its own. Full communication therefore requires a narrative.

This innovative concept of quality has developed over the span of 20 years of experience in the field, working directly with hundreds of communities of small-scale producers. It unquestionably represents one of the aspects that most distinguishes the association from other organizations working with food and agriculture.

Indeed, quality is often identified solely with chemical and physical analyses or tasting panels, and generally with measurable and definable parameters. This technical approach is valid in a comparative and objective context, but does not take into account everything that lies behind a local product, everything that has developed over centuries of history. In **Slow Food's** definition, the quality of a food product is the result of a narrative. It starts from the origin of the product (which could be the place where a species was domesticated or diversified, the place where a variety or a breed adapted or evolved naturally or the place where a cultivation or processing technique was developed), and then considers the characteristics of the environment, local knowledge (within the community), the product's local reputation, processing techniques, recipes, storage methods, marketing, environmental sustainability and, of course, sensory and nutritional characteristics.

The narrative can thus restore the product's competitive value, based on differentiation, which is often difficult to attribute to products that would otherwise risk being pushed out of the market (because they come from marginal areas, are produced in small quantities, etc.).

Additionally, through the narrative, a link is created between the producer and the consumer

that elevates the consumer to the level of co-producer. No longer a passive subject, thanks to the narrative the consumer is inspired to learn more about who produces their food, where this process takes place and problems facing the producers. Consumers thus actively support producers, becoming part of the production process and reinforcing the understanding of the multidimensional nature of the concept of quality.

Slow Food also promotes the reduction of the physical distance between consumers and producers through the search for alterative distribution channels for Presidia products, lessening the increase in prices along the product's distribution chain and reducing the imbalances in trade relationships. The creation of a short distribution chain, or at least one which has been shortened functionally and where possible also geographically, increases the consumer's (and sometimes also the producer's) active role in the food system in terms of economics (prices are lower for purchasers and more profitable for producers), the environment (reduction of energy consumption and pollution linked to transport and refrigeration, especially in the case of a short local chain) and social aspects (direct control of price and quality by consumers, fresher and healthier perishable products, relationship of trust and exchange of information between producers and consumers without intermediaries).

Monitoring Environmental, Economic and Social Sustainability in the Slow Food Presidia

The **Slow Food** approach to the world of production, and in particular to the **Slow Food Presidia project,** is not simply to promote a "conservative" model of development, preserving the local capital deriving from natural and cultural resources. Rather, it uses a model of re-interpretation, redistribution and reappropriation of the intrinsic and use values of the resources present in the local area, starting from the area's interactions with the local and global context and dialog between endogenous specificities and external stimuli.

The tables reproduced below are intended to be used to monitor the Slow Food Presidia projects over time, allowing the systematic evaluation of their progress using qualitative parameters.

The tables have been constructed based on how Slow Food identifies sustainability, divided into the three directions of sustainable development:
1 – social sustainability: capacity to guarantee access to fundamental rights (safety, health, education) and conditions of well-being (enjoyment, serenity, social relations) in a fair way within the community.
2 – environmental sustainability: capacity to maintain over time the quality and renewability of natural resources and to preserve biodiversity and guarantee the integrity of ecosystems.
3 – economic sustainability: capacity to generate income and work over the long term and to reach eco-efficiency, in other words the rational use of available resources and reduced exploitation of non-renewable resources.

The tables were developed to be applicable to all different Presidia types and are intended to be updated as the projects advance towards their objectives. For example, they could be used during the project's launch phase, t(0) to get a picture of the initial situation, and as the basis for a feasibility study to evaluate what actions need to be carried out. They can also be used later t(n+1) to monitor the project's progress.

Social Aspect

A Presidium is always the expression of a community, not just individual producers, and represents an effective tool for giving an otherwise isolated and disadvantaged community an opportunity for growth and dialog with similar communities in other parts of the world through training, participation in events and exchanges.

The social objectives are therefore to improve the social role of the producers and strengthen their willingness to organize themselves. The socio-cultural aspects are strongly linked to the capacity of the people who participate in the network and the projects to rediscover their local culture, including involving different local subjects (students, restaurateurs, local organizations and associations) with the aim of "re-appropriating" their own origins and history and communicating them externally. Naturally this can have positive effects on the local area, for example through the revival of historical festivals, architectural renovations and more generally the development of sustainable tourism. Participation in international events, where the community's product can be tasted, bought, explored and promoted, almost always functions as a strong stimulus for the community's pride.

Looking at the subcategories of the social aspect highlights **Slow Food's** objectives and actions in creating the Presidia. In fact, with the Presidia, **Slow Food** wants to preserve and promote the historical and cultural identity of a specific place, in connection to a specific product. This means developing relationships, activities and initiatives with and among communities (formed of all the subjects working in the food production and processing sector); promoting, organizing and participating in educational activities through research projects, coordination, training and continuing education, with the aim of a full implementation of the right to study, to health education, to sensory and taste education and to the development of a proper food culture; and proposing and organizing food and taste culture programs aimed at the public and food professionals, encouraging a greater awareness of historical roots and production processes in all sectors.

The social objectives (improving the social role of producers, strengthening their organizational capacity) can be measured by verifying if the Presidium has created an association or another form of organization, if the producers have improved their capacity to interact with public and private institutions, if their level of fame has increased and if their voice has more weight, perhaps thanks to media attention.

The cultural objectives (strengthening the producers' cultural identity and promoting the production zones) are closely correlated to the social objectives and are linked to the Presidium's capacity to inspire an awareness of belonging to a specific place and cultural context, the safeguarding and promotion of traditional knowledge and techniques, the production of publications dedicated to the area and the creation of tourism routes and other cultural initiatives, etc.

A particularly delicate theme, linked to cultural identity, is that of innovation versus tradition. While biodiversity is continuously being eroded, it is also true that domestic biodiversity is still developing new varieties. Examples include grapevine crosses, the local varieties of kiwi developed in Italy after transplantation from New Zealand, new peaches, strawberries, and so on. So why not include these varieties among the Presidia? Why do the Presidia concentrate on traditional varieties and breeds? Because modern selection is not the result of a lengthy process of acclimatization, rationalization and

the attempts of farmers to produce crops that are useful and hardy. Instead, the primary objectives behind these new creations are to satisfy the average taste of consumers and to obtain the highest possible yields. The soil, climate and history of places become subordinate variables: climate can be modified with greenhouses, soil can be artificially enriched, techniques can be imported, and so on.

Even if the agricultural management is not industrial, the spirit that animates new varieties, types, etc. is typically industrial, guaranteeing high yields, low costs and gratification for average tastes. The relationship between origin (place) and product is broken or distorted. The place is seen as merely a support, a vehicle for production.

The Presidia instead focus on revitalizing local and traditional species, varieties and breeds to strengthen the origin-product link, essential to guaranteeing a healthy and sustainable agriculture.

The relationship between tradition and innovation also concerns production techniques. In the project's vision, to what extent is it possible to modify cultivation techniques, processing tools and the use of chemical and physical processing aids without adulterating the product's traditional nature?

The Presidia are not intended to be purely conservative, but they exclude production shortcuts, unnatural preservation methods and artificial enhancements of shape, color, flavor, etc. They do welcome cultivation, farming and processing techniques and methods that facilitate and simplify the work of the producers (motors on fishing boats, agricultural machinery in the fields, refrigeration during processing, and so on). These innovations must be welcomed by the whole community and experienced as a shared benefit and not as the result of one producer's greater or lesser financial capacity or larger or smaller markets for certain products. These shared innovations do not interrupt or alter the product-place connection nor do they substantially distort the narrative of quality, and they can encourage new young producers to continue production.

The democratic participation of all the producers in the life of the Presidium is of particular importance to its development. Often what really restores drive and vitality to a local community is trust, self-esteem, organizational capacity and the possibility of interacting with other subjects (producers, institutions, universities, the media), attracting feedback and attention.

Social Sustainability

No.	SUBCATEGORY	PARAMETERS
1	Cultural identity	What is the cultural link with the local area? Does the Presidium preserve traditional knowledge or skills? Does it protect native breeds and traditional plant varieties?
2	Training through exchanges	Have there been training exchanges between the Presidium and other entities? Have the Presidium producers traveled, participated in events, etc.?
3	Formal organization	Does an organizational form exist or has it been created? How are people's roles defined?
	3.1 Group democracy	Do all the members actively participate?
	3.2 Group democracy	Does the Presidium involve young people? In what way?
	3.3 Group democracy	What kind of model is used for the distribution of power? (egalitarian, centralized, horizontal, vertical, etc.)
	3.4 Group democracy	Are there opportunities for participation?
4	Relationship with local institutions	Does the Presidium have relationships with local institutions? What kind?
5	Relationship with the Slow Food network	Does the Presidium have a relationship with the local, national and international Slow Food network?
6	Pride and social gratification	Are the producers appreciated within the community and had any personal gratification as a result? Has their social role changed and been strengthened?
7	Knowledge transmission	Are there horizontal (between Presidium producers) and vertical (between Presidium producers and the community) forms of knowledge transmission? How is knowledge transmitted (at events and conferences, every day)? Has the group expanded? Are they networked with other groups?
8	Educational aspects	Does the Presidium organize or participate in educational activities?

Environmental Aspect

The environmental aspect lies at the heart of the Presidia project, which was established to safeguard biodiversity and improve sustainable food production. The approach is linked to the principles of environmental vocation and sustainability. It is based on local agricultural knowledge, the application of traditional and modern techniques adapted to different climate and soil conditions and the correct management of natural resources (biodiversity, soil, water). Wherever previous processes or local knowledge have led to the development of organic agriculture (not necessarily in terms of certification, but rather the general use of sustainable agronomical techniques), the Presidium concentrates on strengthening the concepts of organic crop control and the spread of this philosophy. Where conventional agriculture still plays an important role in farm management, the Presidia project aims to help groups move towards greater environmental sustainability, passing from conventional to eco-sustainable agriculture through training and by example.

Issues relating to animal welfare and health, energy saving and environmentally friendly packaging are naturally linked to the environmental aspects. The Slow Food association explains more about these issues through the creation and dissemination of handbooks and, most of all, production protocols. These technical tools are produced in collaboration with the projects' main actors, agronomists, veterinarians and other experts. They describe the production process, identifying the key steps and the product's specific characteristics, introducing or reinforcing the elements of environmental, social and economic sustainability previously identified and described.
The protocol must be shared by all the producers who belong to the Presidium. They are bound to follow it: not respecting just one of the protocol's articles means exclusion from the Presidium. It serves as a validation of quality and a reason for pride and recognition for the producers who sign it. Rural populations play a crucial role in showing the way to safeguarding the environment and preserving biodiversity.

Cultivation techniques must preserve the fertility of the soil and hydrologic systems and avoid as much possible the use of synthetic chemical substances. Agricultural systems and processing facilities must safeguard the rural landscape and traditional architecture. Intensive monocultures, intensive animal farming, unsustainable fishing techniques, industrial products and genetically modified organisms (including in livestock diets) are excluded.

A Presidium can be established for a single local product, linked to the memory and identity of a group. It must be a native variety or ecotype, traditionally cultivated in the **Production Area**, with specific characteristics due to the link with a specific cultivation zone or which have developed thanks to a strong connection to the pedoclimatic characteristics of a particular area. In this way, the biodiversity of that place is also preserved.

If the Presidium is for a plant, the propagation material (seeds and/or seedlings) must be healthy and preferably self-produced locally by the producers or produced by nurseries known to the producers that can guarantee that the material belongs to the variety or ecotype covered by the Presidium.

Cultivation must be environmentally friendly and prioritize eco-compatible manual and mechanical methods with a low environmental impact. Fertilization must use primarily fertilizers of organic origin and good agronomic practices must be used to maintain and improve soil fertility.

Weeds must be kept under control primarily by using good agronomical techniques (physical and mechanical means). Crop-protecting products must have a low environmental impact and must be used in accordance with the methods, timing and quantities indicated by the regulations regarding organic, biodynamic or integrated agriculture. Priority must be given to crop rotation and cultivation systems that guarantee the sustainable use of water and soil.

Wild plants can only be gathered if they are not in danger of extinction. Additionally, during the post-harvest phase, only physical preservation methods can be used.

Presidia that involve livestock must safeguard native breeds, or at least those breeds adapted to the environment where the Presidia is located. Animal farming must be adapted to the breed's traditional behavior and its needs as much as possible. Wild and semi-wild farming types, which reduce the time indoors to a minimum, are preferred. Particular attention must be paid to respect for animal welfare (bedding type and characteristics, control of environmental parameters, space available for each animal).

The diet, where possible, should be based on daily pasturing (and the pasture must be carefully protected, keeping the number of animals within allowed limits) and in any case use only natural products. It cannot include urea, corn silage, foods or products made even partly with genetically modified organisms, additives and industrial processing waste. The following can be used to supplement a forage diet: natural meadow hay and flours or flakes made from cereals (corn, barley, wheat, oats, triticale), including the bran and germ, and also fava beans, dried peas, alfalfa flour and any other locally typical forage, cereals or legumes. The farming of veal calves before weaning (3 months) must guarantee the ingestion of colostrum and a diet at least partially based on non-reconstituted milk.

Therapeutic interventions must prioritize the use of plant-based or homeopathic products, while antibiotics and other conventional veterinary medicines must be used only if other effectives remedies do not exist.

In terms of the production of processed foods and their storage, the parameters primarily taken into consideration in the Presidia guidelines involve the respect of traditional methods for the preparation of the product (whether of plant or animal origin), following normal food safety rules.

Specifically, dairy products must be made using filtered raw milk, ideally from locally farmed native breeds. The storage of the fresh milk must respect legally specified temperatures and timings. Rennet, if used, must be of animal or plant origin. No type of artificial preservative, additive or dye may be used, and milk enzymes can only be used if they are selected from the producer's own production (natural native strains). Additionally, aging must take place in natural locations and any smoking must follow natural principles and be carried out in typical facilities. Only untreated, non-reused wood can be used, ideally locally produced. All food packaging must be eco-compatible and have a low environmental impact.

For seafood, the species used for fresh consumption or processing must be historically found in the area being fished and traditionally consumed by the local population. Additionally, fishing methods must be sustainable and traditionally used by the local fishers for the specific species. Fishing techniques must be highly selective, reducing to a minimum the possibility of by-catch. The fishing season must follow the reproductive cycles, avoiding periods when fishing could put the survival of the species at risk.

The interval between catching and processing the fish must not be greater than 12 hours, with some processing and storage practices implemented directly on the boat if necessary. The preservation and processing of the catch must take place according to methods historically and traditionally used in the area and integrated with techniques aimed at safeguarding the biological value and sensory quality of the raw material, while guaranteeing the safety and commercial stability of the finished product. The use of preservatives, additives and dyes is not allowed during processing, with the exception of sodium chloride (salt).

Below is a summary of the main guidelines for the Presidia relating to environmental sustainability.

Environmental Sustainability

CATEGORY	NO.	SUBCATEGORY	PARAMETERS
	9	Definition of subjects and **Production Area**	Who are the producers, how many are there and where are they?
LOCAL AREA	10	Local aspects	What does the Presidium do to protect the local ecosystem? (e.g. promoting biodiversity in general, allowing the recovery of pastures and marginal zones, etc.)
	11	Water use	Yes/No. If yes, how is water managed?
	12	Chemical fertilizers	Yes/No. If yes, what kind and how much?
	13	Organic fertilizers	Yes/No. If yes, what kind and how much?
	14	Crop protection	What products are used?
	15	Type of energy used	Does the Presidium use renewable energy?
PRODUCT	16	Seed acquisition	How are seeds acquired? Are they bought or reproduced?
	17	Rotation	Yes/No. If yes, with what crops?
	18	Intercropping	Yes/No. If yes, with what crops?
	19	Type of farming and animal welfare	Is the farming sustainable? What attention is paid to animal welfare?
	20	Animal diet	What is the composition of the feed? Does it contain silage, GMOs, etc.?
	21	Processing	Yes/No. If yes, is the technique artisanal?
	22	Product preservation	Yes/No. If yes, is the processing technique artisanal?
BUSINESS	23	Production protocol	Are there any specifications? Are they shared? Are they applied? Are they effective?
	24	Packing/communication of product	Is there any packaging? Is it eco-sustainable? Are the product's characteristics properly described on the label?

Economic Aspect

Economic aspects are closely correlated to the work carried out by the Slow Food association to increase the visibility of small-scale producers. Economic objectives are linked to the possibility of increasing the quantities produced and sales to improve the access to food and the finances of the communities participating in the project (without denaturing the product's quality), to the producers' capacity to increase their remuneration and to an increase in employment, directly or in complementary sectors like tourism.

Economic objectives are the easiest to measure, and it is not by chance that various studies have been carried out on this subject in the past. The economic aspects of the Presidia in Italy, for example, were explored in research carried out by Milan's Bocconi University (M. Antonioli Corigliano and G. Viganò, I Presìdi Slow Food: da iniziativa culturale ad attività imprenditoriale, 2002, Il Sole24Ore). The study looked at 54 Italian Presidia in different sectors and highlighted the project's considerable economic impact, showing changes in the quantity, quality and retail price of the products. A similar study was carried out in 2006 (Baggi, Slow Food Presidia: a survey on their economic, social and environmental impact, 2007, thesis for the Master in Food Culture: Communicating Quality Products at the University of Gastonomic Sciences, 2005-2006 academic year) with a new questionnaire completed by 31 Presidia (18 in Italy, 6 from the rest of Europe, 3 from Latin America and 2 in Asia and Africa).

The price of Presidia products is a very delicate issue. The research cited above has shown sometimes significant increases. Slow Food rejects the idea of encouraging niche products, accessible only to a wealthy elite. The Presidia project was established to rebalance situations with clear production difficulties, to return fairness to production processes sent into crisis by the modern production and distribution system, not to create symbolic totems. The price must therefore be fair for both the producer and the consumer, and cannot be an excuse used to justify the expulsion from the market of less-efficient but more sustainable techniques that result in higher quality.

The monitoring tables for **Slow Food Presidia** have been developed with the aim of recording individual aspects (social, environmental, economic) but also to reveal the integration between the different aspects under consideration, with reference to:

• **efficiency of production and consumption**, meaning the reduction of environmental costs and the medium-term optimization of correlated economic opportunities and advantages (integration of the economic and environmental aspects), the possibility of access to resources and environmental quality of all members of the community (integration of social and environmental aspects).

• **quality of life of individuals and communities**, meaning the interweaving between environmental quality and the quality of constructed spaces, economic conditions, well-being and social cohesion (integration of the social, economic and environmental aspects).

• **local competitiveness**, meaning the innovative capacity that invests in natural and social capital and values and develops local resources (integration of the social, economic and environmental aspects).

Economic Sustainability

NO.	SUBCATEGORY	PARAMETERS
25	Short distribution chain	Do the Presidium producers sell directly? If yes, how and where? Do they participate in Slow Food Earth Markets? Are there many intermediaries between the producers and consumers?
29	Sales and marketing	Is the market for the products local, national or international?
26	Sales price	What is the sales price? Has it gone up? Is it profitable for the producers?
27	Fair distribution of income	Are profits fairly distributed and do they actually reach the hands of individual producers? (NB only in cases where there is an association)
28	Production quantity	Has there been an increase in production since the establishment of the Presidium? Indicate the initial and current quantities. If there has not been an increase, is it considered a restriction?

Case Studies: Ten European Presidia

To examine the strengths and weaknesses of the proposed monitoring tables, ten case studies were identified as significant within the European context. The aim, however, is to extend the use of the tables to all the projects relating to the Presidia.

A**ustria – Wiesenwienerwald Chequer Tree**

Bulgaria – Smilyan Beans

Germany – Limpurg Cattle

Hungary – Mangalica Sausage

Italy (Abruzzo) – Santo Stefano di Sessanio Lentil

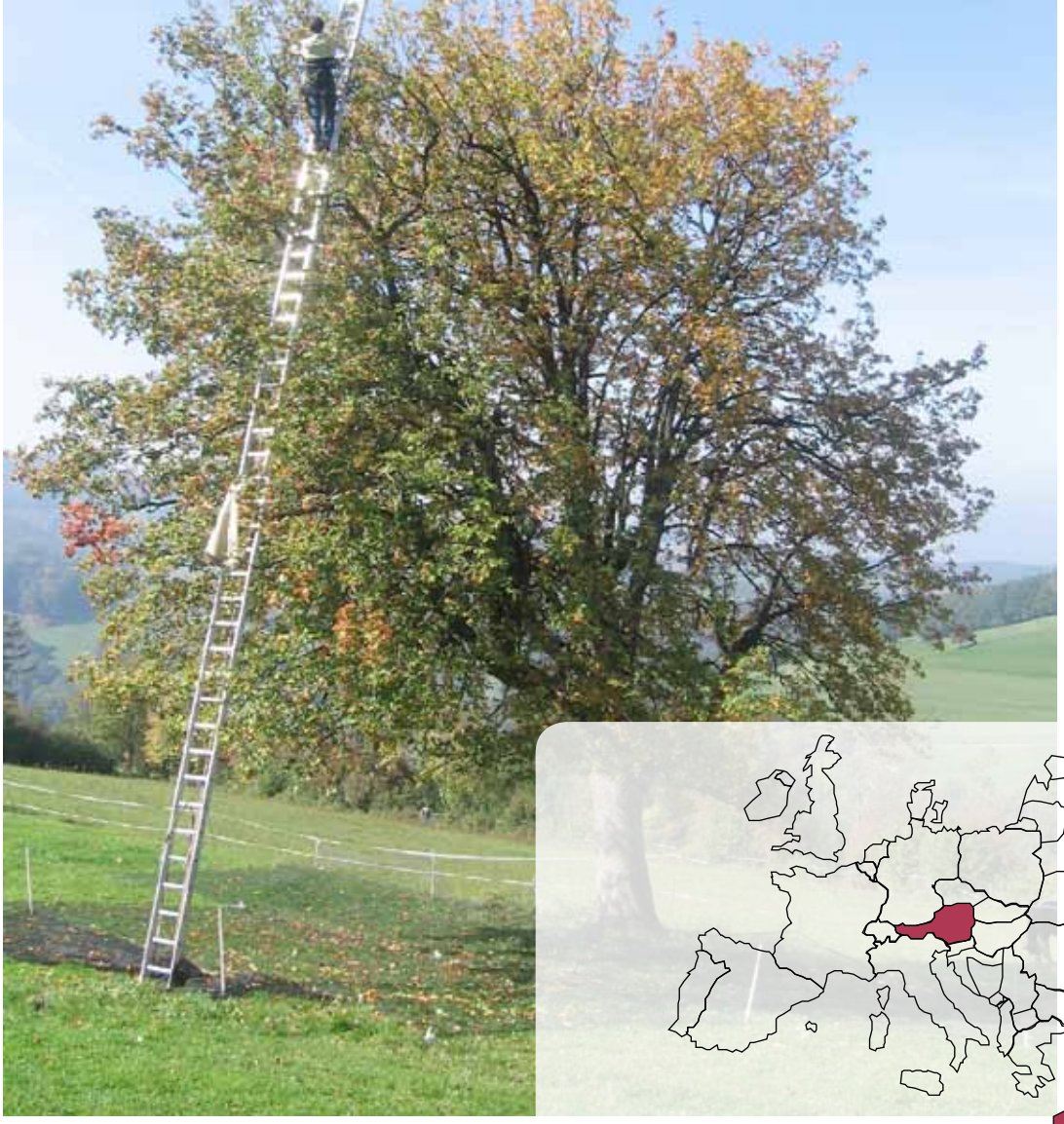
Italy (Lombardy) – Heritage Bitto

Italy (Sicily) – Salina Caper

Netherlands – Aged Artisanal Gouda

Romania – Bucegi Mountains Branza de Burduf

Sweden – Jämtland Cellar Matured Goat Cheese



Austria - Wiesenwienerwald Chequer Tree

The highest hill in the Vienna Woods is called Schöpfl and it marks the border between two different environments: towards Vienna it is thickly wooded, while on the other side of the Schöpfl lies a more open and gentle landscape, with meadows, farmland and isolated old fruit trees (apple, pear and chequer). That is why it also has the name Wiesenwienerwald (Viennese Forest Meadowland).
The wild chequer tree is found throughout Europe, but only here there is the tradition of eating its fruit, (fresh or dried) and transforming it into distillates and other products. The trees (at least 300 have been counted in the area) are very old (reaching an age of 200 years) and tall (up to 15 or 20 meters). Harvesting (carried out between mid-September and October) is a complex and hazardous operation. Pickers have to climb up long ladders with a belt and cloth bag. At the top they tie themselves onto the tree so they won't fall and begin picking: the branch with fruits and leaves has to be removed, and great care must be taken when breaking it off in order not to damage the next year's bud. The fruit are small oval berries (slightly smaller than a cherry), with a dark red color. Inside are three or four small brown seeds with an intense bitter flavor. After picking, the fruits are kept in a cool dry place for about a week until they are uniformly ripe. The fruit and branches are then tipped onto a table and the whole family begins to patiently separate the fruit from the twigs. This communal activity is called orõwen in local dialect.
Producers have recently begun to dry the fruit and offer it as an aperitif or digestif nibble. Other products are also achieving some success, particularly the filled chocolate. Furthermore, fresh chequer berries are used by top local chefs in a range of cold, hot, sweet or savory dishes. The most important transformed product is the distillate however. Once leaves and twigs have been removed, the berries are put into tanks with added water and yeast. The mass is mixed with a traditional implement (a wooden stick and sort of iron blade which was once used to break up the potatoes given to the pigs) until the fruit has all split open. The distillation phase can then begin. The product is balanced and mellow, with a pleasant marzipan note.
Production Area: Wiesenwienerwald, Lower Austria Region

Social Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Cultural identity	What is the cultural link with the local area? Does the Presidium preserve traditional knowledge or skills? Does it protect native breeds and traditional plant varieties?	The chequer tree (Sorbus torminalis L.) is found throughout Europe. In the Wiesenwienerwald area of southern Austria, around the city of Vienna, the chequer fruit is traditionally eaten fresh or dried or turned into spirits and other products. At least 300 trees have been identified in this area; they can be up to 200 years old and reach a imposing height of 15-20 meters. Harvesting of the fruit takes place between mid-September and October and is a complex and dangerous operation. The pickers climb the trees using very tall ladders, with a strap around their hips and a cloth bag. When they reach the top, they tie themselves to the tree for security and start picking the fruit. The leafy twigs bearing the fruit must be carefully broken off, taking great care not to damage next year's buds. When the Presidium was founded, very few producers were picking the chequers and the traditional schnapps production methods had been almost completely forgotten. Younger generations didn't even know that this type of chequer tree had edible fruit and many trees were cut down to make it easier to use agricultural machinery.	The Presidium (which unites some of the producers from the Elsbeerreich association) began working to revive and promote traditional and innovative chequer products. Additionally, a communication campaign was launched to raise awareness among the public about the importance of preserving chequer trees. The Presidium focused initially on protecting the landscape and the trees.	The number of trees being cut down has fallen to zero and many people have again started picking and processing chequers. The chequer harvest is once again an opportunity for families to meet; the harvesting and sorting of the fruits is done by hand and can involve all family members.
Training through exchanges	Have there been training exchanges between the Presidium and other entities? Have the Presidium producers traveled, participated in events, etc.?	Before the Presidium was founded, only a couple of families were harvesting chequers and using them to make schnapps, which they sold directly or to restaurants in the area.	The Presidium organized meetings and seminars during which production quality and methods were discussed. The producers participated in national and international events organized by Slow Food like the Salone del Gusto and Terra Madre Austria.	The producers have acquired a greater familiarity with the national and international market, building up a network of contacts and learning the best way to present their product.
Formal organization	Does an organizational form exist or has it been created? How are people's roles defined?	Before the Presidium was founded, only a couple of families were harvesting chequers and using them to make schnapps, which they sold directly or to restaurants in the area.	The wild chequer association (Elsbeerreich) was founded in 2007 with the aim of bringing together people from different parts of the region— cooks, food experts, researchers, etc.	The association, initially founded by two producers, now has around 40 producers out of a total of around 85 members, including food professionals and researchers.
3.1 Group democracy	Do all the members actively participate?	Before the Presidium was founded, only a couple of families were harvesting chequers and using them to make schnapps, which they sold directly or to restaurants in the area.	The Presidium producers took part in various meetings with the local coordinators and Slow Food staff.	Around 15 families are actively involved in the Presidium, and a certain number of association members participate in running the project and organizing seminars.
3.2 Group democracy	Does the Presidium involve young people? In what way?	No, young people weren't interested in this product.	The Presidium organized seminars in schools and trips to the chequer woods with tastings.	Young people are again involved in harvesting, sorting and processing the chequers.
3.3 Group democracy	What kind of model is used for the distribution of power? (egalitarian, centralized, horizontal, vertical, etc.)	Before the Presidium was founded, only a couple of families were harvesting chequers and using them to make schnapps, which they sold directly or to restaurants in the area.	The Presidium organized meetings which resulted in the founding of an association that brings together producers, experts, cooks, etc.	The association is run by a committee of nine members and a chairman, elected by the association members. The members include individuals and families from the region who own trees and producers who process the fruit as well as experts and restaurateurs.

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
3.4 Group democracy	Are there opportunities for participation?	No	The Presidium producers took part in various meetings with the local coordinators and Slow Food staff.	The Presidium producers meet regularly to decide what actions to take in relation to the production and promotion of the product. A number of volunteers also offer their help during the harvest season.
Relationship with local institutions	Does the Presidium have relationships with local institutions? What kind?	Before the establishment of the Presidium, the producers did not have contact with local institutions.	The producers organized various activities to promote the different chequer products and the local area.	The Presidium is in touch with regional associations, tourism boards and rural development organizations. It is also in contact with the Austrian Ministry of Agriculture, the University of Natural Resources and Life Sciences in Vienna and the University of Klosterneuburg.
Relationship with the Slow Food network	Does the Presidium have a relationship with the local, national and international Slow Food network?	The producers were not in touch with Slow Food and there was no convivium in the area.	The Presidium became involved in the activities of the Slow Food Vienna Convivium. It collaborated with the national Ark commission, the Slow Food Foundation and Slow Food International.	The Presidium collaborates with the Vienna convivium. The Presidium belongs to the national and international Slow Food network and Terra Madre Austria.
Pride and social gratification	Are the producers appreciated within the community and had any personal gratification as a result? Has their social role changed and been strengthened?	Chequer products had been almost completely forgotten, and ancient trees were even being chopped down.	The producers took part in many events (fairs, conferences, markets, etc.). The national and international press dedicated much attention to them and Slow Food published many articles, which encouraged more media reports.	The role of the producers within the community was strengthened. The Presidium is of interest to universities and local institutions and has become part of regional tourism itineraries.
Knowledge transmission	Are there horizontal (between Presidium producers) and vertical (between Presidium producers and the community) forms of knowledge transmission? How is knowledge transmitted (at events and conferences, every day)? Has the group expanded? Are they networked with other groups?	The traditional knowledge connected to the chequer tree was at risk of disappearing.	The producers collaborated on drawing up the production protocol and defining the product's distinguishing characteristics. Knowledge was shared at meetings between the producers. Through articles, press reports, events and conferences, Slow Food brought knowledge about the product and its quality to a wider public.	Knowledge relating to the local area and the product is shared among producers and between producers and the international, national and local community (the Slow Food convivium, tourists, students, cooks, researchers).
Educational aspects	Does the Presidium organize or participate in educational activities?	Before the Presidium was established, there were no educational activities.	The Presidium organized several seminars, set up a hiking trail through the chequer woods, published a children's book and produced studies on the wild chequer tree.	The producers have become a means of transmission of knowledge and environmental education to young people.

Enviromental Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Definition of subjects and **Production Area**	Who are the producers, how many are there and where are they?	2 producers	Local coordinators organized various meetings with the producers to explain the project.	40 producers in the region. These are families from the Wiesenwienerwald area who have been living here for generations and own the land where the trees grow.
Local aspects	What does the Presidium do to protect the local ecosystem? (e.g. promoting biodiversity in general, allowing the recovery of pastures and marginal zones, etc.)	The chequer trees were disappearing, cut down to make space for mechanized agriculture.	The protection of the ecosystem is this Presidium's raison d'être. The producers raised awareness among the local population about the importance of protecting the chequer trees, organizing trips and environmental education activities for children. Additionally, the Elsbeerreich association started growing new chequer trees and is tending the nursery.	The number of trees being cut down has fallen to zero and many people have again started picking and processing chequers. An educational activity has been set up in the Presidium area so that people can learn more about the chequer woods. New chequer trees are also being planted.
Water use	Yes/No. If yes, how is water managed?	No	The Elsbeerreich association created a nursery where it can plant new trees.	Irrigation is not planned, except for the new plantings.
Chemical fertilizers	Yes/No. If yes, what kind and how much?	No	No	No
Organic fertilizers	Yes/No. If yes, what kind and how much?	No	Local coordinators organized various meetings with the producers to explain the project.	Once a year, the producers fertilize the land with locally bought fertilizer.
Crop protection	What products are used?	No	No	No
Type of energy used	Does the Presidium use renewable energy?	The fruit was picked by hand.	The protocol specifies the continuation of manual harvesting.	The fruit is picked by hand.
Seed acquisition	How are seeds acquired? Are they bought or reproduced?	New trees had not been planted for years.	The chequer is a wild tree. However, the Elsbeerreich association has created a nursery and is trying to plant new trees.	The Presidium is working with the Elsbeerreich association to manage the nursery. It is also collaborating with the University of Natural Resources and Life Sciences in Vienna and the University of Klosterneuburg on research on the chequer tree.
Rotation	Yes/No. If yes, with what crops?			
Intercropping	Yes/No. If yes, with what crops?			
Type of farming and animal welfare	Is the farming sustainable? What attention is paid to animal welfare?			
Animal diet	What is the composition of the feed? Does it contain silage, GMOs, etc.?			
Processing	Yes/No. If yes, is the technique artisanal?	The only traditional product made from chequers was schnapps.	The Presidium experimented with various artisanal products made from chequers. The main focus of the project is the protection of the landscape. Products will be used as a vehicle to preserve the trees.	The Presidium is continuing with the production of traditional products - schnapps and dried chequers - and experimenting with new products like jams and chocolate bars.

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Product preservation	Yes/No. If yes, is the processing technique artisanal?	No	Artisanal techniques are used to make the traditional schnapps. The Presidium experimented with new products, while always using artisanal methods.	The chequers are process to is processed.
Production protocol	Are there any specifications? Are they shared? Are they applied? Are they effective?	There was no production protocol.	A number of meetings were organized with the producers to draw up the production rules.	Yes, there is a shared protocol.
Packing/communication of product	Is there any packaging? Is it eco-sustainable? Are the product's characteristics properly described on the label?	Before the Presidium was established, only home-bottled schnapps was produced.		Currently the Presidium producers sell schnapps, dried chequers, jams and chocolate bars. The schnapps and jams are sold in glass while the chocolate bars and other chequer products are packaged in paper.

Economic Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Short distribution chain	Do the Presidium producers sell directly? If yes, how and where? Do they participate in Slow Food Earth Markets? Are there many intermediaries between the producers and consumers?	Directly from the farms.	The Presidium participated in various events, promoting the chequer products and the local area.	The producers sell locally to restaurants and during national and international events. The **Production Area** is better known and is part of tourism itineraries, so more people now buy directly from the farms.
Sales and marketing	Is the market for the products local, national or international?	Local	The Presidium participated in various events, promoting the chequer products and the local area.	The producers sell locally to restaurants and during national and international events. The **Production Area** is better known and is part of tourism itineraries, so more people now buy directly from the farms.
Sales price	What is the sales price? Has it gone up? Is it profitable for the producers?	Before the Presidium was established, the chequers were only used to make schnapps, which was sold for 120-150 euros a liter.	The schnapps was expensive because the production process was very laborious. The fruit is harvested manually, and it takes one hour to pick around 3.5 kilos of chequers. These must be sorted, and there is a high percentage of waste. It takes 25 kilos of chequers to make a liter of schnapps.	The chequers used to make schnapps are sold at 8 euros a kilo. The cost per liter of the spirit has risen and is now between 190 and 300 euros. Fresh chequers cost 14-16 euros a kilo, dried chequers cost 56 euros a kilo, chequer jam costs 35 euros a kilo, chequer and pear or apple jams cost 30 euros a kilo, a liter of liqueur costs 100 euros and a chocolate bar costs 4.90 euros.
Fair distribution of income	Are profits fairly distributed and do they actually reach the hands of individual producers? (NB only in cases where there is an association)		An association was founded and the Presidium producers joined it.	The association promotes the products but the producers still sell individually.
Production quantity	Has there been an increase in production since the establishment of the Presidium? Indicate the initial and current quantities. If there has not been an increase, is it considered a restriction?	Before the Presidium was founded, chequers were only used to make schnapps. Around 800 liters of schnapps was produced annually.		In 2011, the Presidium producers picked 12,000 kilos of wild chequer fruit, which was used to make 50 kilos of dried chequers, 400 liters of schnapps, 800 kilos of frozen chequers, 40 kilos of jam, 50 liters of liqueur and 400 chocolate bars.

Bulgaria - Smilyan Beans

The upper Arda valley of the Rhodope mountains, close to the border with Greece, is a picturesque patchwork of meadows, pasture, cultivated land, coniferous and deciduous woods.
It is an idyllic place, where nature is still pristine and the Christian and Muslim communities have lived peacefully together for centuries.
The local soil and climate, marked by temperatures which are never excessively hot in summer, and a significant difference between day and night temperatures, provide excellent conditions for growing beans, which have been produced by this small mountain community for at least 250 years.
Each family cultivates small plots of land, which fit perfectly into the landscape. They all practice intercropping with crops such as corn and potatoes, enabling no chemical products to be used and ensuring there are no adverse effects for the soil. Very small amounts are produced, which are usually intended for family consumption, and yields are never greater than 200 kg per producer.
There are two types of Smilyan bean. The first, smaller, type is brown with black streaks and is used in soups or Trahna, a traditional stew of beans and corn from this area. The second type is a larger white or purple bean with streaks, and is excellent in salads or fried with a mixture of water, flour and eggs.
Every year the Festival of Smilyan beans is held at the end of November, an event promoted by the mayor of the village and organized with the support of the Slow Food Smilyan Rhodopi convivium. This is an opportunity for the whole community to celebrate their beans, accompanied by performances, dancing and competitions, including one for the best producer of the year.
Production Area: Municipality of Smilyan and the upper Arda valley, Province of Smolyan, South-Central Bulgaria

Social Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Cultural identity	What is the cultural link with the local area? Does the Presidium preserve traditional knowledge or skills? Does it protect native breeds and traditional plant varieties?	The climate of the Upper Arda Valley makes it ideal for cultivating beans, with cool temperatures even in the summer and large temperature swings between day and night. The small mountain community here has been growing beans for at least 250 years. Each family had a small plot of land, that blends perfectly into the valley landscape, where the legumes are intercropped with other vegetables, like corn and potatoes. This method meant there was no need to use chemical fertilizers and the soil fertility was maintained. The small harvest was often consumed within the family, and never exceeded 200 kilos per producer. The community grew two types of bean: Dreben (similar to borlotti) and Fasulitsa (similar to butter beans). Smilyan beans were prized not only in the community, where they represented a staple of the local diet, but also throughout the region. Unfortunately, fake Smilyan beans would often arrive on the market, and the small-scale producers in the Upper Arda Valley were unable to differentiate their authentic beans and receive a fair price for them.	One of Slow Food's agronomists visited the producers to define the varieties cultivated and their specific qualities, the soil and climate characteristics and the cultivation techniques. A group of producers decided to work together to safeguard the authentic Smilyan beans and to promote them on the market. The Presidium organized an annual Smilyan bean festival to reinforce the link between the community and the product. A brand was created, which will soon be registered, to help the producers protect themselves against the imitations flooding the national market.	Based on the suggestions of the agronomist and the Presidium coordinator (a researcher at the Sofia University Botanic Gardens), the producers are drawing up a production protocol which will consolidate the connection between the beans, their cultural value in the community and their role in safeguarding the environment. The promotion activities for the product and its brand have highlighted the beans' unique characteristics and generated greater public interest. Every year, the Presidium organizes a Smilyan bean festival to further reinforce the link between the community, the local area and this unique product.
Training through exchanges	Have there been training exchanges between the Presidium and other entities? Have the Presidium producers traveled, participated in events, etc.?	Before the start of the Presidium, the producers had never participated in local, national or international events.	In October 2010, a delegation of Presidium producers joined thousands of other producers from five continents to participate in the international Slow Food events Salone del Gusto and Terra Madre in Turin and the smaller Terra Madre meeting in Trentino. In June 2011, a delegation of three producers and the project's local coordinator visited the producers from the Gialèt Bean Presidium in Feltre (Veneto). Later, in October 2011, a delegation of Slow Food members from Veneto and producers from the Gialèt Bean Presidium visited Smilyan for the annual Smilyan beans festival.	The producers have acquired a greater familiarity with the national and international market, building up a network of contacts and learning the best way to market their product. The Presidium has good relationships with the Slow Food network in Bulgaria, the Presidium producers in the Terra Madre Balkans network and the Slow Food network in Veneto and Trentino.
Formal organization	Does an organizational form exist or has it been created? How are people's roles defined?	A cooperative of around 400 producers already united all the small-scale farmers in the Upper Arda Valley (not only bean growers). Most cultivated very small plots, and production was generally destined for family consumption.	The Presidium decided to work with a smaller nucleus of producers, at least for the first stage of drawing up the production protocol, specifically those who did not produce only for their own consumption and were interested in improving production and accessing a wider market.	The producers are finalizing the production protocol. The next step will be to create an association with a collective brand.
3.1 Group democracy	Do all the members actively participate?	No	The involved producers participated in various meetings held with the local coordinators and Slow Food staff to work towards achieving the project's objectives.	Yes, the producers meet several times a year to make decisions about promotion and issues relating to production.
3.2 Group democracy	Does the Presidium involve young people? In what way?	No	Slow Food organized seminars and meetings with the producers.	Not, but it is one of the Presidium's medium-term objectives.
3.3 Group democracy	What kind of model is used for the distribution of power? (egalitarian, centralized, horizontal, vertical, etc.)	The cooperative of 400 farmers organized loans and managed the agricultural machinery, but there was no specific group making decisions about the production of Smilyan beans.	Since the Presidium was established, the producers have met several times, to work together and take collective decisions.	The producers meet informally several times a year, to discuss problems relating to production and marketing and to identify possible solutions. Decisions are generally taken collectively.

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
3.4 Group democracy	Are there opportunities for participation?	No	Since the Presidium was established, the producers have met several times, to work together and take collective decisions.	The producers meet informally several times a year, to discuss problems relating to production and marketing and to identify possible solutions.
Relationship with local institutions	Does the Presidium have relationships with local institutions? What kind?	The cooperative of 400 producers, out of which the Presidium was founded, had a good relationship with the local authorities (the municipality and district of Smilyan).	The municipality of Smilyan takes part in the bean festival every year. The name of Smilyan is promoted together with the product.	The Presidium is maintaining and strengthening its good relationships with the local authorities. Its promotion activities bring visibility not only to the product, but also to the Smilyan region.
Relationship with the Slow Food network	Does the Presidium have a relationship with the local, national and international Slow Food network?	No	The Presidium was founded on the initiative of the Slow Food Rodopi Smilyan Convivium (whose leader is also the president of the association of Slow Food convivia in Bulgaria and an international councilor for Slow Food). The producers' participation in various local, national and international events organized by Slow Food has allowed them to become very familiar with the association.	Yes, the Presidium has an excellent relationship with both the Slow Food Rodopi Smilyan Convivium and the Slow Food network in Bulgaria. The Presidium actively participates in the Terra Madre Balkans network and is also on good terms with Slow Food convivia in other countries, especially Italy.
Pride and social gratification	Are the producers appreciated within the community and had any personal gratification as a result? Has their social role changed and been strengthened?	Smilyan beans were a cohesive factor for the whole Upper Arda Valley community. Almost all the inhabitants cultivated at least a few plants, affirming their attachment to the community.	The producers took part in many international events, the national and international press dedicated much attention to them and articles, brochures and interviews were published.	Slow Food increased the individual gratification of producers, who are now aware of the importance of their work and their protection of the local environment.
Knowledge transmission	Are there horizontal (between Presidium producers) and vertical (between Presidium producers and the community) forms of knowledge transmission? How is knowledge transmitted (at events and conferences, every day)? Has the group expanded? Are they networked with other groups?	Given the very close relationship between the producers and the community, knowledge was shared in a very transparent and democratic way, the result of practices consolidated over the years.	The producers took part in many international events, the national and international press dedicated much attention to them and articles, brochures and interviews were published. Several times a year the producers collaborate with Slow Food Rodopi Smilyan Convivium to explain their work to children, who also participate in taste education activities.	Knowledge relating to the local area and the product is shared among producers and between producers and the international and local community (the Slow Food convivium, etc.).
Educational aspects	Does the Presidium organize or participate in educational activities?	No	At least twice a year the Presidium producers take part in education activities for children that the Rodopi Smilyan Convivium organizes with local schools.	Every year, several hundred children have the chance to learn about the product and the local area.

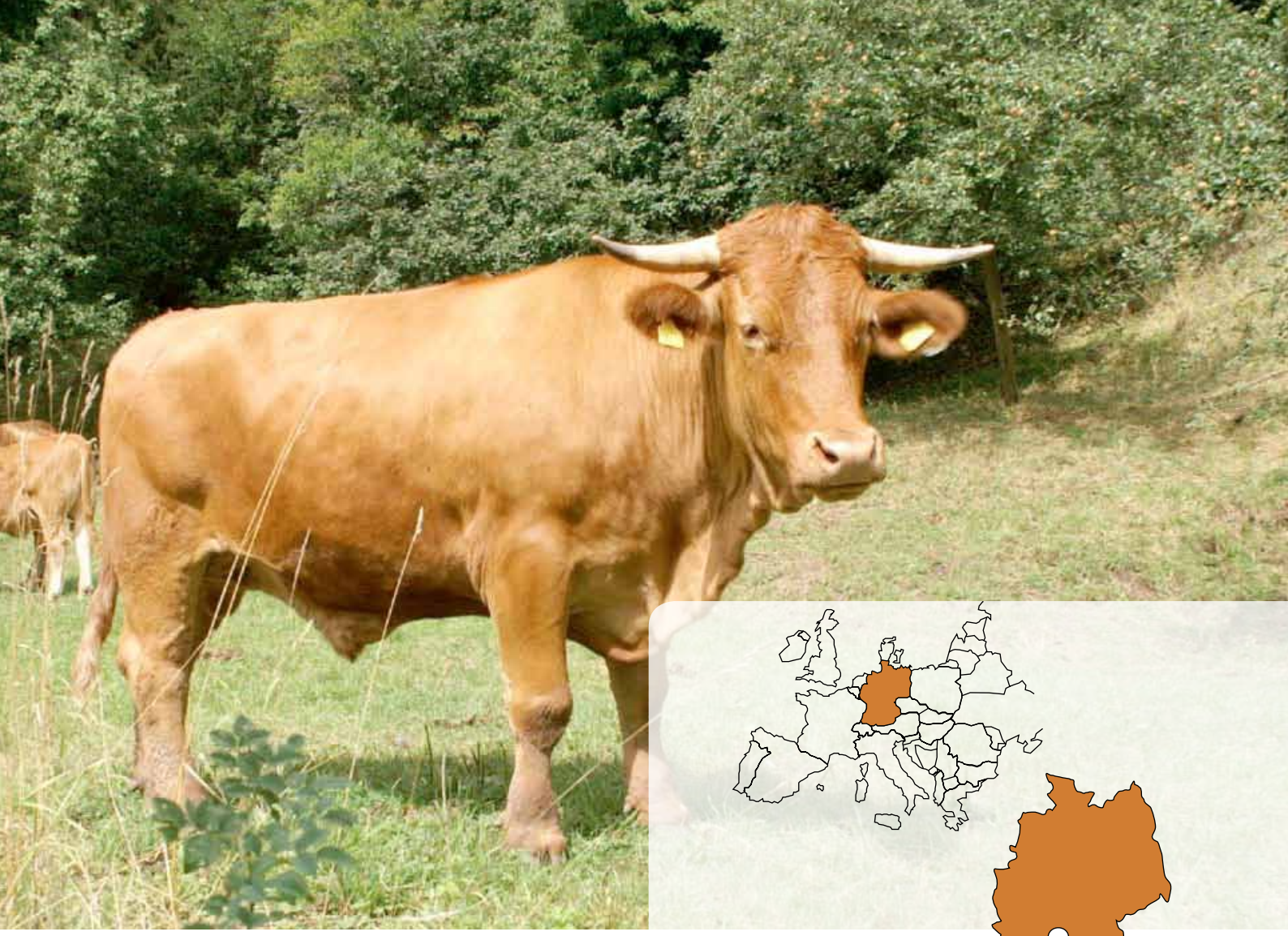
Enviromental Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Definition of subjects and **Production Area**	Who are the producers, how many are there and where are they?	Almost every family cultivated small plots, which fit perfectly into the landscape of the Upper Arda Valley.	Slow Food identified a nucleus of motivated producers who were interested in promoting the product to draw up the protocol and launch the Presidium.	The Presidium currently involves 12 producers, distributed throughout the upper valley of the Arda River.
Local aspects	What does the Presidium do to protect the local ecosystem? (e.g. promoting biodiversity in general, allowing the recovery of pastures and marginal zones, etc.)	Growing the beans on small or tiny plots helped to protect the mountain landscape. The cultivation system used for the beans, based on intercropping with local corn and potato varieties, preserved the soil and safeguarded local varieties.	The project did not need to change the production system to improve its sustainability. It was more a question of preserving the work the producers were already doing, and organizing promotion at a local, national and international level.	The Presidium plays an essential role in maintaining the rural culture of the Upper Arda Valley. The cultivation of beans in small or tiny plots helps protect the mountain landscape. The cultivation system used for the beans (intercropped with local corn and potato varieties) helps to preserve the soil and biodiversity.
Water use	Yes/No. If yes, how is water managed?	No irrigation was used.	The cultivation protocol is currently being drawn up.	The protocol is almost finished and specifies that this practice remains the same.
Chemical fertilizers	Yes/No. If yes, what kind and how much?	No chemical fertilizers were used.	The cultivation protocol is currently being drawn up.	The protocol is almost finished and specifies that this practice remains the same.
Organic fertilizers	Yes/No. If yes, what kind and how much?	Organic fertilizers were used.	The cultivation protocol is currently being drawn up.	The protocol is almost finished and specifies that this practice remains the same.
Crop protection	What products are used?	No treatments were used.	The cultivation protocol is currently being drawn up.	The protocol is almost finished and specifies that this practice remains the same.
Type of energy used	Does the Presidium use renewable energy?	No type of energy was needed (neither fossil fuel-based nor renewable).	The cultivation protocol is currently being drawn up.	The protocol is almost finished and specifies that this practice remains the same.
Seed acquisition	How are seeds acquired? Are they bought or reproduced?	The selection and reproduction of the seeds was carried out by each family. The two types of beans were grown together and sold in packages divided according to their size and culinary use. The larger beans (Fasulitsa) are eaten in salads while the smaller ones (Dreben) are cooked in stews and soups.	A joint initiative is underway to improve how seeds are selected and reproduced.	The Presidium's objective is to use some land for the selection and reproduction of seeds for all the producers. Additionally, they are working on preparing specific packaging for each type.
Rotation	Yes/No. If yes, with what crops?	Yes, but not by all the producers.	The cultivation protocol is currently being drawn up.	The Presidium's objective is to extend rotation to all the producers.

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Intercropping	Yes/No. If yes, with what crops?	Yes, the cultivation system involved the intercropping of beans with local varieties of corn and potatoes.	The cultivation protocol is currently being drawn up.	The protocol is almost finished and specifies that this practice remains the same. Intercropping is characteristic of the beans' cultivation and helps preserve the soil and biodiversity.
Type of farming and animal welfare	Is the farming sustainable? What attention is paid to animal welfare?			
Animal diet	What is the composition of the feed? Does it contain silage, GMOs, etc.?			
Processing	Yes/No. If yes, is the technique artisanal?			
Product preservation	Yes/No. If yes, is the processing technique artisanal?	The product did not undergo any treatment before being packaged and sold.	The Presidium is experimenting with techniques for preserving the product without altering its natural qualities.	Currently the producers are using refrigeration, but this is not sufficient. Research will continue to define the correct storeage temperature and periods necessary to avoid the development of weevils in the beans.
Production protocol	Are there any specifications? Are they shared? Are they applied? Are they effective?	No	International agronomists visited the Presidium and are helping to draw up a production protocol.	The protocol is being finalized.
Packing/communication of product	Is there any packaging? Is it eco-sustainable? Are the product's characteristics properly described on the label?	No, the product was sold in plastic supermarket bags of varying weight. The product had no label.	In 2011 the Presidium acquired special paper bags with a clear window to allow the produce to be viewed. The Presidium also created a label and a logo for the product.	The packaging is more sustainable and the information on the label is clear, though still needs to be more comprehensive.

Economic Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Short distribution chain	Do the Presidium producers sell directly? If yes, how and where? Do they participate in Slow Food Earth Markets? Are there many intermediaries between the producers and consumers?	The producers sold mostly to tourists visiting the area.	The producers participated in Slow Food events in Bulgaria and abroad. Slow Food organized an awareness-raising campaign with its members in Bulgaria, encouraging them to help promote and sell the beans.	The producers sell directly from their farms and during Slow Food events in Bulgaria and abroad. Some of the Presidium producers regularly participate in the Earth Market in Tcherni Vit.
Sales and marketing	Is the market for the products local, national or international?	Local	The producers sold directly from their farms and during Slow Food events in Bulgaria and abroad.	The main market is still local, but the producers have organized themselves better - including suitable packaging and labels - and are gradually increasing the quantities sold outside the local area. Participation in national and international events is increasing the product's prestige, including at a local level.
Sales price	What is the sales price? Has it gone up? Is it profitable for the producers?	4-6 lev (2-3 euros) per kilo.	Following a series of meetings, the Presidium producers agreed on a minimum selling price for their product.	Dreben beans are sold for no less than 3 euros a kilo and Fasulitsa for no less than 4 euros a kilo.
Fair distribution of income	Are profits fairly distributed and do they actually reach the hands of individual producers? (NB only in cases where there is an association)			
Production quantity	Has there been an increase in production since the establishment of the Presidium? Indicate the initial and current quantities. If there has not been an increase, is it considered a restriction?	The 12 selected producers produced around 3 tons of beans a year.		No significant increase, but so far the Presidium has been less concerned with increasing quantities than ensuring that the beans can be sold at a fair price and are protected from imitations.



Germany - Limpurg Cattle

The Limpurg cow breed represents the oldest still existing cow breed in Württemberg.
Its name derives from the county of Limpurg , south of the city of Schwäbisch Hall. It came into existence from breed crossings between the local red breed, which was present after the 30 Years War and the breed Allgäuer (named after the region between south-west Bavaria and south of Baden-Württemberg).
Particularly suited for the wild breeding, even on steep pastures, it is perfect for the mixed landscape which is characterized by hills, mountains, the Swabian-Franconian forest and the low river valleys of the rivers Rems and Lein.
In the past, the great proliferation of markets in the region favoured its development: the animals, in fact, served both to transport and to provide meat and milk.
Already in the 18th century in the area of Hohenlohe, on the northern part of Baden Württemberg fattening of oaxen had become the most important business, guaranteeing farmers a degree of prosperity.
According to written records of the 19th century, the Limpurg oax was known as “particularly tender, juicy and tasty” and was preferably sold outside of the regional borders (France and Switzerland) where a higher price for top quality meat was willingly paid.
The color of the animals’ coat can vary from yellow to red-yellow. Stamina, long living, double attitude (milk and meat) well-developed shoulders and good musculature strong brisket, regular limbs with hard hooves, fine bone structure and good properties characterize the strong and sturdy breed as a nurse cow.
The Presidium focused besides safeguarding the breed in particular on the breeding of the Limpurg oxen, which become extremely large and heavy and give a high yield when slaughtered. The meat has especially fine fibers, is low in fat, juicy, tender and well marbled, particularly that of cattle raised on pasture and during the winter, using only hay pasture, without the addition of soybean or silage.
Production Area: Swabian-Franconian Forest around Schwäbisch Hall, rural district of Hohenlohe, Baden-Württemberg

Social Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Cultural identity	What is the cultural link with the local area? Does the Presidium preserve traditional knowledge or skills? Does it protect native breeds and traditional plant varieties?	The Limpurg is the oldest surviving cattle breed from Württemberg. Its name comes from the ancient principality of Limpurg, south of the town of Schwäbisch Hall, and the breed originated from a cross between the traditional local red cattle, still present after the Thirty Years' War, and a breed from Allgäu, the region straddling southwest Bavaria and southeast Baden-Württemberg. Particularly suited to pasturing, even on very steep slopes, the breed is perfect for this mixed landscape, characterized by a mountainous zone around the town of Limpurg, the Swabian-Franconian forest and the lush river valleys of the Rems and the Lein. In the past, this area was a busy trading hub, and the cattle were used for transport, as well as meat and milk. As far back as the 18th century, fattening cattle was the most important commercial activity in the Hohenlohe area, in the north of Baden-Württemburg, guaranteeing a certain level of affluence to farmers. According to documents from the 19th century, Limpurg oxen had a "pleasantly tender meat, succulent and flavorful," and the beef was being sold beyond regional borders, as far afield as Switzerland and France, "where a higher price was paid for the superior quality." In 1835, an Agricultural Union was formed between the cities of Aalen and Schwäbisch Gmünd to promote the farming of the Limpurg cattle. At the end of the 19th century, there were around 56,000 animals, but with the introduction of agricultural mechanization, the situation changed rapidly, and by the end of the Second World War numbers had fallen dramatically. In 1963, just one Limpurg bull and 17 cows were recorded in the genealogical register, and by the 1980s the breed was almost extinct. The ancient tradition of eating oxen is reflected in the many inns in the area called "zum ocssen" or "zum roten ochsen": "the red oxen."	The Presidium was established in 2008, in collaboration with the association of Limpurg cattle breeders (based in Schwäbisch Hall), with the aim of reviving the sustainable and traditional farming of the breed. The Presidium farmers began working with local butchers and traders.	The Presidium protects and promotes the oldest cattle breed from Württemberg. There are currently over 650 animals recorded in the genealogical register, of which 350 are cows. Limpurg beef is well-known and highly prized by local restaurants for its marmorierung (marbling), which guarantees the perfect fusion of lean muscle and fat, not found in meat from industrially farmed animals. The meat is used in traditional regional recipes (sauerbraten, guanciale, etc.) and in more modern interpretations, such as an excellent carpaccio. The use of Presidium meat is specified on menus.
Training through exchanges	Have there been training exchanges between the Presidium and other entities? Have the Presidium producers traveled, participated in events, etc.?	Before the Presidium started, the producers did not participate in local, national or international events.	The Presidium producers participated in national and international events organized by Slow Food (Salone del Gusto, Terra Madre, Cheese, Stuttgart Messe etc.).	Thanks to exchanges with other Presidia producers, the Limpurg farmers have acquired a greater familiarity with the national and international market, building up a network of contacts and learning the best way to market their product.
Formal organization	Does an organizational form exist or has it been created? How are people's roles defined?	Before the Presidium started, there was a small association of Limpurg cattle farmers.	Regular meetings were organized with the producers to discuss the production protocol. Additionally, a shared logo was created for marketing the meat.	The association of farmers has been strengthened and there is a solid network of supporters, including local butchers and restaurateurs.
3.1 Group democracy	Do all the members actively participate?	Before the Presidium started, there was a small association of Limpurg cattle farmers.	Regular meetings were organized between the producers.	There is good collaboration between the producers and the other Presidium members, who all help each other.
3.2 Group democracy	Does the Presidium involve young people? In what way?	Young people were not interested in farming Limpurg cattle.	The Presidium producers participated in activities organize by the local Slow Food convivium and were able to create a network with local butchers, chefs and restaurateurs.	The involvement of young farmers is one of the Presidium's future objectives. However, the Presidium is in contact with young restaurateurs and chefs.

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
3.3 Group democracy	What kind of model is used for the distribution of power? (egalitarian, centralized, horizontal, vertical, etc.)	In 2008, before the Presidium started, there was a small association of Limpurg cattle farmers.	Since the Presidium was established, a number of meetings have been organized to facilitate collaboration between the producers.	The producers meet several times a year, to discuss problems relating to production and to organize promotion together. Decisions are generally taken collectively.
3.4 Group democracy	Are there opportunities for participation?	Before the Presidium started, there were very few opportunities for participation.	Since the Presidium was established, various meetings, tastings and dinners have been organized, with the participation of the Presidium producers.	The Presidium organizes regular meetings for the association's farmers.
Relationship with local institutions	Does the Presidium have relationships with local institutions? What kind?	Before the Presidium started, the producers had no contact with local institutions.	The Presidium producers created a logo for marketing the meat in collaboration with some local institutions.	The Presidium can count on the support of various local and national institutions, including the local zootechnical department, tourism boards and other associations in the sector
Relationship with the Slow Food network	Does the Presidium have a relationship with the local, national and international Slow Food network?	Before the Presidium started, the producers were in contact with the local convivium.	The producers participated in various local, national and international events organized by Slow Food.	The Presidium is in contact with the association at a local (convivium), national (Slow Food Germany) and international level.
Pride and social gratification	Are the producers appreciated within the community and had any personal gratification as a result? Has their social role changed and been strengthened?	The Limpurg cattle breed was only known at a local level.	The producers took part in many events (fairs, conferences, markets, etc.). The national and international press dedicated much attention to them and Slow Food published many articles, which encouraged more media reports.	The producers' social role within the community has been reinforced. They have obtained recognition at a regional and national level, and internationally through the promotion and communication of the Presidium.
Knowledge transmission	Are there horizontal (between Presidium producers) and vertical (between Presidium producers and the community) forms of knowledge transmission? How is knowledge transmitted (at events and conferences, every day)? Has the group expanded? Are they networked with other groups?			
Educational aspects	Does the Presidium organize or participate in educational activities?	No		

Definition of subjects and **Production Area**	Who are the producers, how many are there and where are they?	10 farmers	Thanks to the establishment of the Presidium, it was possible to involve more people who were interested in the Limpurg cattle breed.	12 farmers, some local butchers and a couple of restaurateurs in the area who serve Limpurg beef on their menus.
Local aspects	What does the Presidium do to protect the local ecosystem? (e.g. promoting biodiversity in general, allowing the recovery of pastures and marginal zones, etc.)	Before the Presidium started, few actions were being taken to protect the environment.	Meetings and exchanges were organized and the Presidium farmers began a dialog with local chefs.	The Presidium promotes local biodiversity, the cattle breed, pastures and traditional regional recipes.
Water use	Yes/No. If yes, how is water managed?			
Chemical fertilizers	Yes/No. If yes, what kind and how much?			
Organic fertilizers	Yes/No. If yes, what kind and how much?			
Crop protection	What products are used?			
Type of energy used	Does the Presidium use renewable energy?			
Seed acquisition	How are seeds acquired? Are they bought or reproduced?			
Rotation	Yes/No. If yes, with what crops?			
Intercropping	Yes/No. If yes, with what crops?			
Type of farming and animal welfare	Is the farming sustainable? What attention is paid to animal welfare?	Yes, great attention has always been paid to animal welfare. From around the end of April or beginning of May, the Limpurg cattle (veal calves, cows and bulls) are pastured outdoors. They spend the winter indoors, but have access to plenty of space.	The production protocol specified the continuation of this attention to animal welfare.	The animals are pastured for the whole summer and kept indoors only for the winter. In the cattlesheds, the animals can move freely and have ample space. The floor is covered with straw to protect the cattle from the cold.
Animal diet	What is the composition of the feed? Does it contain silage, GMOs, etc.?	The veal calves were fed for three to four months only on mother's milk. Silage and soy were used to supplement the cattle's diet for much of the winter. GMO feed was completely excluded. All the feed was produced by the farms themselves.	A production protocol was drawn up.	The production protocol bans the use of corn silage. Grass silage is allowed during the finishing stage, however the farmers are experimenting with not using grass silage. The period in which the veal calves are fed mother's milk has been extended to 10 months.
Processing	Yes/No. If yes, is the technique artisanal?	Sometimes the animals were slaughtered at the local slaughterhouses, and sometimes further away together with other conventional breeds.	A farmers' association was created.	Slaughtering takes place in communal slaughterhouses very close to the farms, and before the age of 38 months.

Product preservation	Yes/No. If yes, is the processing technique artisanal?	The pasture-fed Limpurg oxen meat was sold in various forms: fresh, bouillon, gulasch, tinned.		The pasture-fed Limpurg oxen meat is sold in various forms: fresh, bouillon, gulasch, tinned. The producers have started to slaughter the cattle at an older age, based partly on the suggestion of chefs.
Production protocol	Are there any specifications? Are they shared? Are they applied? Are they effective?	There was no production protocol.	A production protocol was drawn up and shared.	Yes, the protocol is applied effectively.
Packing/communication of product	Is there any packaging? Is it eco-sustainable? Are the product's characteristics properly described on the label?			

Enviromental Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Short distribution chain	Do the Presidium producers sell directly? If yes, how and where? Do they participate in Slow Food Earth Markets? Are there many intermediaries between the producers and consumers?			The Presidium producers sell directly to restaurateurs and butchers.
Sales and marketing	Is the market for the products local, national or international?	Local		Local, with a national market developing
Sales price	What is the sales price? Has it gone up? Is it profitable for the producers?	5.20 euros per kilo slaughtered weight.		The farmers sell the Limpurg beef directly to local butchers at around 5.50-6 euros per kilo (the price varies depending on the cut). In some cases, restaurateurs buy the animals directly from the farmers. The butchers sell the fresh meat to the public at 10-11 euros per kilo.
Fair distribution of income	Are profits fairly distributed and do they actually reach the hands of individual producers? (NB only in cases where there is an association)			
Production quantity	Has there been an increase in production since the establishment of the Presidium? Indicate the initial and current quantities. If there has not been an increase, is it considered a restriction?	30 oxen slaughtered after a minimum of 30 months.		75 oxen slaughtered between 30 and 38 months. A small percentage of total production is processed into goulasch, salami and sausages.

Italy (Abruzzo) - Santo Stefano di Sessanio lentils

It is small and very tasty: a miniscule, just a few millimetres in diameter, globular and dark, brown-purple lentil. It grows at more than 1,000 metres high only on the slopes of Gran Sasso, in the uncontaminated area of the National Park. Some plants reach 1600 metres, but it is around 1200 metres that they give their best results. For their tiny sizes and the extreme permeability, Santo Stefano di Sessanio lentils do not need to be soaked before. They are exceptionally tasty and the best way to appreciate them is in a very simple soup: they need to be covered with water and peeled cloves of garlic, some bay leaves, salt, extra-virgin oil are added and they are brought to a slight boil in a closed pot.

It is not just a lentil but a precise biotype selected in this area a long time ago. Records of legumes growing, and especially lentils around Aquilano appear in some monastic documents from 998. In this area the lentil has found an ideal environment, made of long and severe winters at the close of which, by the end of March lentils are sown - and short and fresh springs. Poor mountain calcareous lands are perfect for lentils that do not require neither great manure. Instead, they become demanding legumes at the time of harvest, between the end of July and the end of August. Lentils ripen at different times according to the altitude of the field. Sometimes 15 days are spent between mowing, almost always manual, and threshing: the small mowed plants, if left on the field – before banked up in small sheaves and then piled up under a tarpaulin – nurture the seeds bringing them to ripe. Often it is not possible to use a combine harvester because fields are in impervious areas but especially because legumes are growing near the soil and with the mechanised harvesting the loss could be around 30%-40% of the harvest. In short, the harvesting is carried out like a thousand years ago and it is very tiring.

The producers are mainly elderly people and most of them grow few lentils for their domestic use. The quantities are limited and they diminish every year, everything is made worse by the fake Santo Stefano di Sessanio lentils on the market which get the local producers down.

The Presidium that combines a past project carried out by the Gran Sasso National Park and by the Abruzzo Region Arssa, allowed to gather them in an association to get a label and a control on the harvest in order to protect the consumer from possible frauds. Especially the Presidium works to increase the cultivations, to offer a development opportunity and a possibility for the young to stay in an extraordinary land.

Social Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Cultural identity	What is the cultural link with the local area? Does the Presidium preserve traditional knowledge or skills? Does it protect native breeds and traditional plant varieties?	The Santo Stefano di Sessanio lentil is a biotype that developed through selection in its historic cultivation area (in and around Santo Stefano di Sessanio in the province of L'Aquila). Its cultivation dates back to the 11th century and is documented by monastic texts from the area. In recent decades its cultivation underwent a crisis caused by a flood of false Santo Stefano di Sessanio lentils arriving from other countries to fill the gap in the market. Out of the few remaining Santo Stefano growers, most were elderly, and they cultivated small plots and obtained very small harvests. The town is inside the Gran Sasso and Monti della Laga National Park, which launched a project to revive and promote the park's traditional agricultural products in recent years. The area is very rich in history, with a long pastoral and agricultural tradition. A specific project funded by the park authority and the Abruzzo Regional Authority's agency for agricultural development services had already begun reviving the original ecotype.	Slow Food organized many meetings among the producers to raise awareness of the need to recover a product so key to the area's history and identity. With the support of the park, Slow Food coordinated a series of promotional activities at events.	Currently 13 farms belong to the Presidium. Some of the farmers who have recovered the seeds are the children of elderly growers who decided to resume cultivating the lentils, while others have children who have left school and are about to take over the farms. The association is working with local landowners and institutions to get more land for cultivation and increase production.
Training through exchanges	Have there been training exchanges between the Presidium and other entities? Have the Presidium producers traveled, participated in events, etc.?	When the Presidium was established, the producers were not participating in events or fairs outside of their local area and many of them had never traveled outside their region to promote their product.	Slow Food organized events and fairs in Italy to promote the Slow Food Presidia. These brought visibility to the lentil Presidium, allowing the producers to travel and meet other communities with similar backgrounds. The most important events were Salone del Gusto (Italy) and Eurogusto in Tours (France). The producers hosted a group of lentil growers from the island of Réunion to exchange experiences and met with the producers from the Ustica Lentil Presidium to discuss cultivation and harvest issues.	The Presidium producers travel in Italy and abroad to promote the Slow Food Presidium.
Formal organization	Does an organizational form exist or has it been created? How are people's roles defined?	Before the Presidium was created, there was no formal of association for the producers, only collaborations based on personal friendships to assist with agricultural work.	Slow Food encouraged the producers to form an association.	The producers are united in the Association of Santo Stefano di Sessanio Lentil Producers, which keeps track of harvests and product labelling in order to protect consumers from fraud. The association also works to increase production and to develop opportunities to make it easier for young people to stay in this extraordinary area.
3.1 Group democracy	Do all the members actively participate?	Before the Presidium, there was no formal group and so there was no need for group organization or democratic management.	The establishment of the association has made some elements more formal; for example the producers now meet regularly for discussions and make decisions together.	Most of the producers participate in the meetings and contribute to the collective decision making.
3.2 Group democracy	Does the Presidium involve young people? In what way?	Initially there were no young producers. The lentils were grown only by older producers.	Slow Food has organized promotional activities (articles, TV reports, events, etc.) aimed at increasing the profitability of the lentils and making their cultivation more appealing to young people.	There are now two young producers cultivating lentils on their own farm, while other young people are helping with family businesses.
3.3 Group democracy	What kind of model is used for the distribution of power? (egalitarian, centralized, horizontal, vertical, etc.)	There was no formal group.	Slow Food worked to create an association so that the issues relating to the Presidium could be dealt with collectively.	The assembly democratically elects a president, who serves as an intermediary between the group of producers and other entites, including Slow Food (locally and nationally).

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
3.4 Group democracy	Are there opportunities for participation?	There was no formal group.	Thanks to the collective work generated by the Presidium's activity, the producers began to want to establish a regular meeting time, in addition to the many opportunities for informal discussions that take place as part of community life.	The meetings between the producers are regulated by the association's statute, and other informal meetings are held when necessary, for example to organize participation in events or to resolve issues raised by Slow Food.
Relationship with local institutions	Does the Presidium have relationships with local institutions? What kind?	The producers only had individual relationships with local institutions, aimed primarily at obtaining funding for their activities.	The desire to create a Presidium, and then an association, inspired the producers to relate more with institutions, primarily the park authority, and to make requests collectively.	The Presidium is permanently overseen by the Gran Sasso and Monti della Laga park authority. The Presidium has strengthened relationships with other local institutions like the Municipality of Santo Stefano di Sessanio. One of the producers is currently the mayor of Santo Stefano di Sessanio.
Relationship with the Slow Food network	Does the Presidium have a relationship with the local, national and international Slow Food network?	Before the Presidium, the producers had no relationship with Slow Food.	With the establishment of the Presidium, Slow Food closely followed the producers ' activities, encouraging them to revive and promote the lentils. In particular, it helped them promote the use of the lentils in local restaurants.	The producers are now members of the Slow Food association and participate in locally organized activities (markets, events, dinners). Silvia De Paulis, the park's agronomist and the driving force behind the area's first Presidia, has become a national councilor for Slow Food Italy.
Pride and social gratification	Are the producers appreciated within the community and had any personal gratification as a result? Has their social role changed and been strengthened?	Apart from one producer who also ran a well-known local restaurant, the other producers received no particular recognition for their work protecting the lentil. They were not aware of the potential of a quality product like the Santo Stefano di Sessanio lentil.	Participation in events and fairs, where the producers could meet an interested public made up of food enthusiasts, journalists and restaurateurs, boosted their awareness about the value of their activities.	The Presidium producers are now known locally and nationally in quality food circles. Some of them run holiday farms which are listed in guides to restaurants in the area.
Knowledge transmission	Are there horizontal (between Presidium producers) and vertical (between Presidium producers and the community) forms of knowledge transmission? How is knowledge transmitted (at events and conferences, every day)? Has the group expanded? Are they networked with other groups?	Until the establishment of the Presidium, there were no opportunities for the transmission of knowledge, except informally through friendships between producers.	The Presidium's activity has pushed the producers to improve their product, thanks to increased dialogue among themselves and with experts from Slow Food and the Gran Sasso National Park. In this way, producers who were less expert in growing the lentils also received training. The example of the Presidium inspired local institutions to start similar initiatives with other local producers, who were then networked together with the lentil growers.	The group of lentil producers is collaborating on a project to revive traditional varieties, run by the Gran Sasso and Monti della Laga National Park. Together with other local communities who also protect traditional local products (Navelli saffron, Paganica beans, Turchesa potatoes, mountain genepy, Sulmona red garlic), they carry out local promotion activities to inform consumers about products from the Gran Sasso mountains. They also work together to present these products at locally organized seminars and conferences. Within the group, certain growers are recognized as "historic" and they pass their experience on to new producers and help those who are having problems.
Educational aspects	Does the Presidium organize or participate in educational activities?	The original Presidium producers did not participate in or organize education activities.	The growers were involved in education activities organized by the Gran Sasso and Monti della Laga National Park and Slow Food.	The Presidium producers are involved in the local network of custodian farmers, and within this network they regularly run education activities for children and consumers.

Enviromental Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Definition of subjects and **Production Area**	Who are the producers, how many are there and where are they?	There were around 20 initial producers, primarily growing the lentils for their own consumption.	The objective of the Slow Food Presidium was to involve a greater number of producers, selecting them based on their willingness to commit to a project governed by specific rules and to follow a strict production protocol.	The "Santo Stefano di Sessanio Lentil" production zone covers the southern slopes of the Gran Sasso in the province of L'Aquila: the municipalities of Barisciano (Le Locce, La Villa and Filetto), Calascio, Castel del Monte, Castelvechio Calvisio (Viano and Buto) and Santo Stefano di Sessanio. Currently 13 producers belong to the project. This number is lower than the number of potential producers at the start, as some have stopped farming because of their elderly age. However, the number of hectares cultivated and the production volume have increased because the remaining producers have been working to improve their yields.
Local aspects	What does the Presidium do to protect the local ecosystem? (e.g. promoting biodiversity in general, allowing the recovery of pastures and marginal zones, etc.)	Until the creation of the Presidium, there were no conscious actions taken to protect the ecosystem, but the producers used traditional farming methods passed down within their families.	Slow Food encouraged the development of a greater awareness of working to protect biodiversity and the environment, continuing the traditional cultivation of the lentils but also stimulating interest in protecting other local varieties.	The producers are working to revive other historic local varieties of chickpeas, beans and potatoes, all local biotypes historically cultivated here. Over the course of the years, this activity has led to the recovery of marginal and abandoned land, thus helping to protect the park's ecosystem. Natural problems dealt with sustainably: for example damage caused by wild boar is controlled by building enclosures and capture cages, rather than hunting..
Water use	Yes/No. If yes, how is water managed?	The crops were not irrigated.	The Presidium protocol specified the continuation of traditional practices.	Irrigation is not used.
Chemical fertilizers	Yes/No. If yes, what kind and how much?	Before the start of the project, some producers used chemical fertilizers.	The Slow Food experts and the park authority pushed the producers to be more aware of environmental issues.	The Presidium has established that chemical fertilizers are not to be used.
Organic fertilizers	Yes/No. If yes, what kind and how much?	Before the start of the project, the majority of the producers used organic fertilizers.	The Presidium protocol specified that this practice be continued.	Organic fertilizers, primarily manure, are traditionally used. All types of animal manure are allowed, as long as they are spread when they have reached the right level of maturity.
Crop protection	What products are used?	Before the project started, some producers used chemical treatments.	The Slow Food experts and the park authority pushed the producers to be more aware of environmental issues.	Only products allowed by organic agriculture regulations can be used to control parasites in the field. No type of synthetic chemical weedkiller can be used to control weeds.
Type of energy used	Does the Presidium use renewable energy?	No	The Slow Food experts and the park authority pushed the producers to be more aware of environmental issues.	The producers use solar-powered electric fencing to protect their crops from wild boars.

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Seed acquisition	How are seeds acquired? Are they bought or reproduced?	All the growers produced their own seeds on the farm, but sometimes they would get them from non-local producers, without the guarantee that they were sowing the original lentil biotype. This created potential seed contamination problems.	With the help of the Abruzzo Regional Authority's agency for agricultural development services, the Presidium carried out a genetic investigation of the lentils being grown by all the producers to find out which ones did not belong to the Santo Stefano di Sessanio biotype, and then to clean the seeds from any varietal contamination.	The material used to produce the Santo Stefano di Sessanio lentils comes from seeds reproduced within the production zone indicated by the protocol and in lots indicated each year by the producers' association. The association protects the variety by identifying fields where the seeds are preserved.
Rotation	Yes/No. If yes, with what crops?	Before the Presidium, the producers practiced three- or six-year rotation in their fields.	The protocol specified the continuation of this practice.	The crops are traditionally rotated using a three- or six-year system. In the three-year rotation, a fallow period is followed by grains (wheat, barley, rye, emmer, etc.). With a six-year rotation, the fallow year can be replaced by three years of forage (sainfoin).
Intercropping	Yes/No. If yes, with what crops?	No		No
Type of farming and animal welfare	Is the farming sustainable? What attention is paid to animal welfare?			
Animal diet	What is the composition of the feed? Does it contain silage, GMOs, etc.?			
Processing	Yes/No. If yes, is the technique artisanal?			
Product preservation	Yes/No. If yes, is the processing technique artisanal?	Before the Presidium, the lentils were preserved by natural drying, with cold treatment to protect against weevils.	The protocol specified the continuation of this practice.	The lentils are still preserved by natural drying, with cold treatment to protect against weevils.
Production protocol	Are there any specifications? Are they shared? Are they applied? Are they effective?	There were no specifications for the production of this type of lentil.	Many meetings were held with the producers and technical experts to draw up a single document regulating the production of this biotype in its traditional cultivation zone.	The production protocol was drawn up and is shared by the producers. The association has recognized it as a protocol for its members, who adhere to it.
Packing/communication of product	Is there any packaging? Is it eco-sustainable? Are the product's characteristics properly described on the label?	Before the Presidium, not all the producers sold the product in packaging. Many sold the lentils loose or simply used them for home consumption.	Slow Food encouraged the producers to sell the lentils in packaging so that the variety could be better identified and to discourage the sale of imported lentils, generally from Turkey or Canada, which look similar to the Santo Stefano di Sessanio type.	A common packaging has not been created yet; every producer uses their own. The lentils are no longer sold loose, so that their origin is better identified and to guarantee traceability from producer to consumer. However, a single type of packaging and labeling is currently being developed, to better illustrate the lentil's characteristics and improve the sustainability of the packaging materials.

Economic Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Short distribution chain	Do the Presidium producers sell directly? If yes, how and where? Do they participate in Slow Food Earth Markets? Are there many intermediaries between the producers and consumers?	Before the start of the Presidium, the producers who did sell their lentils sold them to wholesalers, traders or other producers in the area, not directly to consumers.	Slow Food did much work to encourage the producers to sell directly and shorten the distribution chain, thus bringing them fairer remuneration for their work.	The Presidium producers sell some of their lentils to wholesalers, some to retailers and some directly to consumers. They have developed a faithful base of customers who order the lentils in advance and have them delivered to their homes. They also sell the lentils directly from their farms and at events, markets, etc. The percentage of the product sold to traders has reduced considerably. Some producers sell 100 percent to the final producers while some larger businesses have around 60 percent direct sales.
Sales and marketing	Is the market for the products local, national or international?	Before the Presidium, the market was local.	Slow Food has created many opportunities for the sale of the product nationally thanks to events and to communication on the website and in publications.	The market is principally local and national. Around 60 to 70 percent of the lentils are sold in L'Aquila and across the region. The rest go to clients around Italy, and especially Rome.
Sales price	What is the sales price? Has it gone up? Is it profitable for the producers?	The selling price before the Presidium ranged from 6-7 euros per kilo to wholesalers up to 10 euros a kilo for direct sales from the farm. Farm sales represented a tiny part of sales and therefore the producers were earning very little compared to the effort needed to produce the lentils.	Slow Food's communication work - through articles, events, the website etc. - has informed consumers of the special qualities of the lentils and the reasons they are more expensive than ordinary lentilsr, and promoted the importance of buying them directly from the producer.	The selling price is around 10 euros a kilo to wholesalers to 15-16 euros a kilo when sold directly to the consumer. The price is profitable, though the production costs for this type of lentil are on average higher than for ordinary lentils, because of the labor involved and the type of land on which they are grown.
Fair distribution of income	Are profits fairly distributed and do they actually reach the hands of individual producers? (NB only in cases where there is an association)	Before the Presidium, the producers sold their lentils individually.	The activities of the Presidium association do not include organizing collective sales of the product.	The producers sell individually.
Production quantity	Has there been an increase in production since the establishment of the Presidium? Indicate the initial and current quantities. If there has not been an increase, is it considered a restriction?	Before the Presidium, around 90 quintals of Santo Stefano di Sessanio lentils were produced annually.	Slow Food and the park authority supported the training of the farmers so that they could improve their yields. Additionally the rising demand for the Presidium lentil at higher prices has led to an increase in its cultivation.	Currently around 150 quintals of the Presidium lentils are produced a year. There is the potential to increase this by improving some producers' yields and identifying more land for cultivation. The future objectives of the producers' association are to recover some uncultivated but suitable land and to improve the cultivation techniques being used. The association is planning to introduce a collaborative aspect to cultivation, with the members reciprocally helping each other during the growing cycle. This way the more expert producers and those with more machinery can help the others. Additionally, by uniting their various small plots, they could obtain larger surface areas, which would facilitate the work and improve yields.

Franziska Doswald

Italy (Lombardia) - Heritage Bitto

Bitto is undoubtedly one of the symbols of Lombardy cheese-making: with a long and distinguished tradition and extremely well-adapted to ageing, it is firmly rooted in its native mountains. The historic centre of production lies in the valleys of the stream whose name it bears: Gerola and Albaredo, in the province of Sondrio. The cheese produced in the summer pastures of these valleys, at a height of 1400 to 2000 meters above sea level, has unique characteristics. In fact the producers are required to follow a whole series of traditional practices which maintain the quality of the cheese as well as playing a crucial role in the conservation of the environment and Alpine biodiversity. First and foremost is the practice of rotational grazing: During the three months of summer, the herds of cows are moved in stages from the lowest pastures to the highest. Along the way are the traditional “calècc” – ancient stone huts used for cheese-making, they serve as shelter and workshop, always close at hand, so that the milk does not need to travel more than a few meters and can be processed before its natural warmth has dispersed. Another traditional custom is the inclusion in the herd of Orobica goats. The milk from these animals makes up 10 to 20% of the total and gives the Bitto a particular aroma and consistency. For maximum care of the animals’ health, milking is done exclusively by hand. The cheese is salted when dry; allowing a delicate crust to develop and improving ripening. Moreover, no supplements are permitted in the cattle’s food, and no additives, preservatives or fermenting agents in the cheese itself.

Bitto cheese is one of the fundamental ingredients, together with butter, buckwheat and cabbage, of the Valtellina area’s trademark dish, pizzocheri. A triumph of mountain flavours, this calorific bomb can be processed only if it is in one’s genes or if one plans to climb the mountains where they make it. But it is unfair to relegate one of Italy’s finest cheeses to the status of a condiment: properly matured Bitto is a fine table cheese, and if it is matured for 6 or 7 years, it becomes one of those extremely rare cheeses which one savors and remembers for ever.

The Presidium came into being in order to promote mountain production of this cheese in its traditional area: the valleys of Albaredo and Gerola. The practices adhered to by the members, who form the Consortium for the Safeguard of Bitto Storico, not only benefit the quality of the cheese and its environment, but also signify an increase in the human energy and resources involved in its production. This situation needs to be recognized in the market-place, so that producers receive fair remuneration for their pivotal role in environmental conservation. In fact, if these Alpine pasture-lands are abandoned, they decline quickly and within a few years become practically impossible to save.

Only wheels judged to be of the highest quality and therefore fit for long-term maturing are recognized as Presidium products.

Social Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Cultural identity	What is the cultural link with the local area? Does the Presidium preserve traditional knowledge or skills? Does it protect native breeds and traditional plant varieties?	Bitto is one of the symbols of Lombardy's cheesemaking tradition, an unusual cheese with a long history and an incredible aptitude for aging. Its origin is linked to the two valleys formed by the Bitto River, the Valgerola and the Albaredo Valley, in the province of Sondrio. The cheese is made in mountain dairies in the valleys, at altitudes ranging from 1,400 to 2,000 meters above sea level. The cheesemakers continue to use traditional practices, like pasture rotation. The cheese is made directly in the mountain pastures in ancient stone shelters called calècc, where the milk is processed as soon as it has been milked. The producers still raise a native breed of goat, the Orobica or Val Gerola (designated at risk of extinction by the EU). A maximum of 20 percent of the milk for Bitto can come from these goats.	Slow Food organized meetings with the historic producers to record the traditions of Bitto in writing and work out the basic elements needed to keep them alive. It also organized press conferences and seminars to communicate to the wider public and the media the need to promote this product and distinguish it from the more standardized cheeses made in other valleys in the province. Articles were published in Slow Food's magazines and journalists were provided with news and information about the cheese.	The historic Bitto producers are united in the Association of Bitto Valleys Producers. They agreed to follow a protocol that specifies the rules for traditional production and the historic **Production Area**. It also specifies the need to protect the Orobica goat and to use its milk to make Bitto. Their activity led to the Slow Food campaign "Resistenza Casearia" (cheese resistance), which uses debates, buying groups, articles and meetings with the public to publicize the need to support people who make cheese and farm livestock using sustainable and ancient practices. The story is now widely known and the association of producers has become a symbol of the struggle of small-scale producers to maintain their identity in a market increasingly flooded by standardized products.
Training through exchanges	Have there been training exchanges between the Presidium and other entities? Have the Presidium producers traveled, participated in events, etc.?	Before the Presidium started, the producers had never left their local area and only made the cheese. They had no special relationship with consumers who were not local.	Slow Food organized events in Italy, wrote articles, made a documentary and publicized their activities in the media. This meant the producers could travel and meet other cheesemakers, giving them a chance to present their product to a wider public.	The producers regularly host other producers, Italian and international Presidia and other visitors at their collective aging facility in Gerola Alta.
Formal organization	Does an organizational form exist or has it been created? How are people's roles defined?	When the Presidium was started, the Association of Bitto Valleys Producers already existed. It united all 16 of the active mountain cheesemakers in the two historic valleys. This simple association was led by Paolo Ciapparelli, not a producer but a Bitto enthusiast and a friend of all the producers. The association belonged to the PDO Bitto consortium. This was a source of conflict because the consortium included producers from a much larger area, and its regulations did not include some of the traditional practices for Bitto cheesemaking. In 2003 it became necessary to establish a Presidium to distinguish the authentic Bitto on the market, because the consortium would no longer let the historic producers brand their forms with the association's logo. The Presidium was founded thanks to Slow Food's actions and communication.	Slow Food met with the producers, and asked that the association come up with a production protocol to be signed by all the producers. It began to communicate their situation and difficulties, and also to promote their cheese at events and tastings, writing about it and interviewing the producers.	The situation has evolved. The PDO consortium made some decisions that the Presidium producers did not agree with, including some recent questionable changes to its specifications. To avoid being dependent on the consortium and to be able to use the name Bitto (to do this they must adhere to the PDO), in 2011 the producers founded the Consortium for the Safeguarding of Heritage Bitto. Its members are the 14 members of the Bitto Valleys association and Bitto Trading S.p.A, the commercial arm, which ages the cheeses and which is made up of the producers and various funders.
3.1 Group democracy	Do all the members actively participate?	The group of producers was very cohesive and led by Paolo Ciapparelli, whose leadership was never called into question. Nonetheless, decisions in the association were made democratically.	Ciapparelli organized regular meetings with the producers to consult with them about issues linked to the Presidium, and steered the association towards a consortium.	The producers participate actively and democratically in the decisions made by the consortium that replaced their association. Their consortium is part of the Bitto Trading S.p.A. company, MA SOPRA NON DICE CHE BITTO TRADING FA PARTE DEL CONSORZIO? NON CHE IL CONSORZIO FA PARTE DI BITTO TRADING which buys the fresh Bitto at a good price from the producers and then resells it. The end-of-year profits are shared with the producers.
3.2 Group democracy	Does the Presidium involve young people? In what way?	Young people in the valleys have traditionally taken up the cheesemaking from their parents, and continue to do so today.	Slow Food promoted the experiences of the young producers, focusing on their role, interviewing them for articles and encouraging them as much as possible in its campaigns.	Young people are active in the dairies and often win cheese competitions held annually in the valley.

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
3.3 Group democracy	What kind of model is used for the distribution of power? (egalitarian, centralized, horizontal, vertical, etc.)	The distribution of power was regulated by the association's statute, which stipulated that decisions be made democratically, by a majority, and that leaders be elected by the members.	No specific action was necessary. The Presidium was already organized democratically.	The producers each have a vote in the new consortium and decisions are taken democratically.
3.4 Group democracy	Are there opportunities for participation?	In addition to the meetings regulated by the statute, the producers met informally when necessary.	No specific action was necessary. The Presidium was already organized democratically.	Producers participate in consortium meetings, where decisions are made about all the issues linked to the Presidium, from participation in events to the division of end-of-year profits.
Relationship with local institutions	Does the Presidium have relationships with local institutions? What kind?	The producers' relationships with local institutions have always been somewhat tricky. Good relationships existed with the Municipality of Gerola and the local mountain community.	Resolving the problems that arose, especially with the PDO consortium, required the representatives of the producers' association to participate in discussions with municipalities, mountain communities, the regional authority and consortia. Slow Food often provided mediation, in particular with the Lombardy Regional Authority, to avoid unhealable rifts with the PDO consortia.	A certain rigidity remains in the positions of the Presidium and the PDO consortium. However, it was a triumph for the Presidium when it was decided that Heritage Bitto Consortium could be the second consortium in the PDO. This means they can interact directly with the control agencies without any obstruction from the other PDO producers.
Relationship with the Slow Food network	Does the Presidium have a relationship with the local, national and international Slow Food network?	Before the Presidium, the producers had no relationship with Slow Food.	With the creation of the Presidium, Slow Food oversaw the producers both locally and from its national office, participating in meetings and organizing events for them, as well as orchestrating many communication activities.	The producers are now members of the Slow Food association and take part in the activities organized locally by Slow Food (markets, events, dinners).
Pride and social gratification	Are the producers appreciated within the community and had any personal gratification as a result? Has their social role changed and been strengthened?	The value of the producers' work was not particularly recognized outside their local area, and they were not very aware of their role and importance. Their struggle was not widely known and had only local relevance.	Thanks to the Presidium, the producers started to participate in events, to meet other cheesemakers and to welcome visits from consumers, enthusiasts and journalists. Awareness of their value grew considerably.	The producers have become well-known in quality food circles, and they are also the symbol of the Resistenza Casearia (cheese resistance) campaign.
Knowledge transmission	Are there horizontal (between Presidium producers) and vertical (between Presidium producers and the community) forms of knowledge transmission? How is knowledge transmitted (at events and conferences, every day)? Has the group expanded? Are they networked with other groups?	The producers passed on their knowledge to new generations during their everyday activities.	Slow Food further publicized the cheese and the knowledge linked to its production beyond the local area.	The network of producers is connected to the network of Presidia producers, and their story has become a reference point and an example for many other Presidia and other producers.
Educational aspects	Does the Presidium organize or participate in educational activities?	Before the Presidium, the producers did not participate in or organize this type of activity.	Slow Food worked hard to make sure that the Presidium producers became a channel for education and training, as well as the symbol of a battle for quality and identity. Slow Food filmed a documentary about their experience, which helped to publicize their situation further and develop Slow Food's educational activities in general.	Thanks to the Presidium, the coordinator and the producers still have many opportunities to meet and directly communicate with Slow Food members, other producers and consumers in general, through participation in Taste Workshops, fairs, TV interviews and in other media.

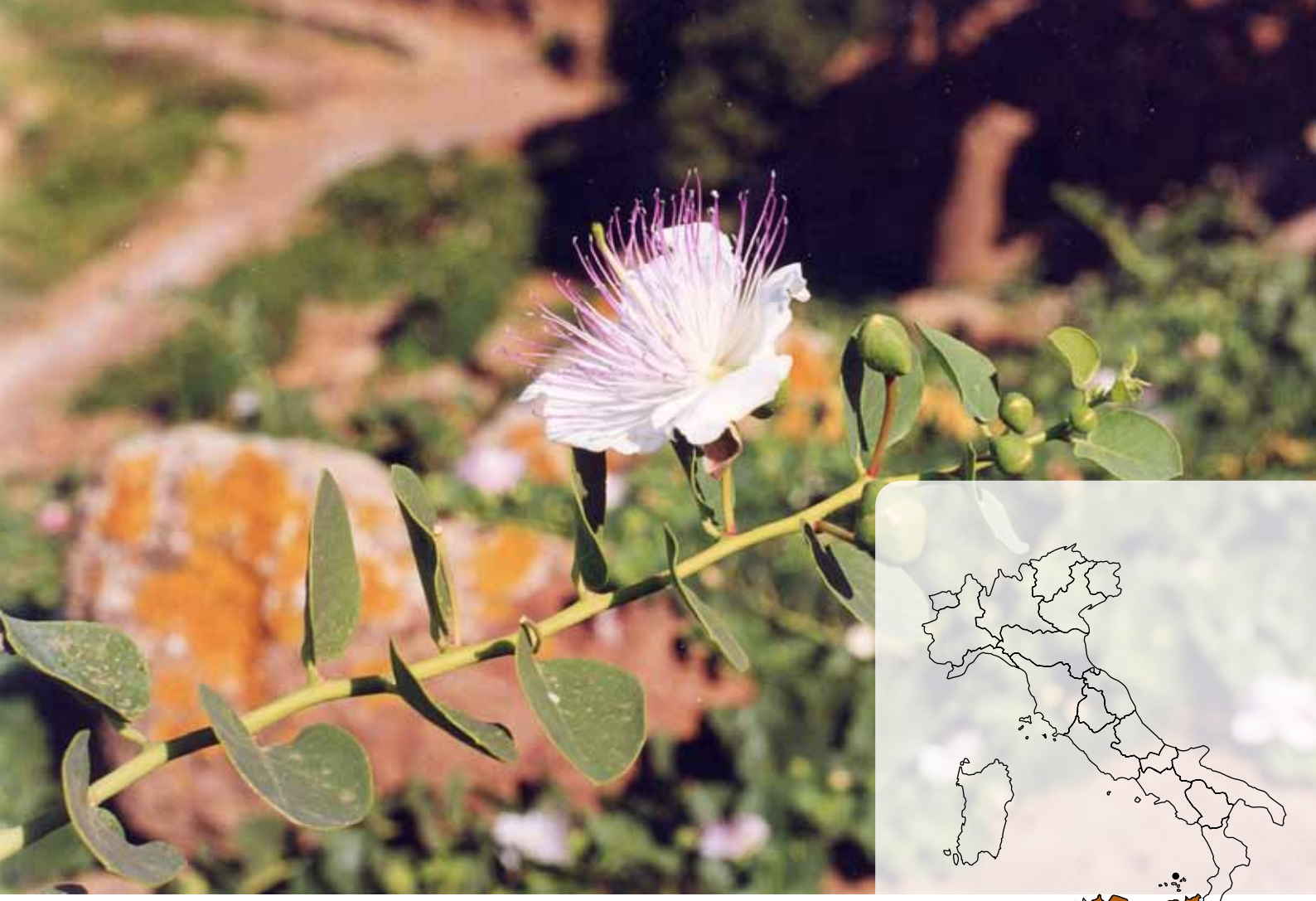
SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
and **Production Area**	ers, how many are there and where are they?	mountain dairies in the historic Bitto valleys.	producers tried to involve other producers from the historic zones, but the producers were unwilling to follow the traditional production rules, which require more work and time. Other mountain dairies which could have been useful for the Presidium were occupied by livestock being raised for meat or by producers who were not local to the area and had different production techniques.	The other two have moved away from the Presidium because they were no longer willing to follow the strict rules dictated by the Bitto tradition.
Local aspects	What does the Presidium do to protect the local ecosystem? (e.g. promoting biodiversity in general, allowing the recovery of pastures and marginal zones, etc.)	Even prior to the launch of the project, the producers' activity was aimed at preserving the mountain ecosystem, even though this was sometimes unconscious.	The disputes of recent years and the difficulties with the PDO consortium have led the producers to reflect even further on the value of their presence in the area. The meetings to draft the protocol helped them to fully understand the value of preserving the Orobica goat breed and other aspects of their work. They are the only ones to use the goats' milk to make Bitto.	The producers follow a strict protocol that specifies the preservation of a goat breed at risk of extinction, the seasonal migration of livestock and rotated mountain pastures. The leftover whey from the cheesemaking is used to make another traditional dairy product, Mascherpa, a ricotta typical of the Italian and Swiss Alps. The producers also collaborate with other Presidia and producers from the Bergamo Alps to promote ecological Alpine tourism.
Water use	Yes/No. If yes, how is water managed?	Production takes place in mountain pastures and the water used comes from springs.	The production protocol specifies the continuation of this practice.	They continue to use only the water necessary to wash the production tools, drawing it from mountain springs.
Chemical fertilizers	Yes/No. If yes, what kind and how much?			
Organic fertilizers	Yes/No. If yes, what kind and how much?			
Crop protection	What products are used?			
Type of energy used	Does the Presidium use renewable energy?	Most of the producers processed the fresh milk by heating it in copper kettles over a fire fueled by wood collected in the mountains.	The production protocol specifies the continuation of this practice.	Most of the producers process the fresh milk by heating it in copper kettles over a fire fueled by wood collected in the mountains.
Seed acquisition	How are seeds acquired? Are they bought or reproduced?			
Rotation	Yes/No. If yes, with what crops?			
Intercropping	Yes/No. If yes, with what crops?			
Type of farming and animal welfare	Is the farming sustainable? What attention is paid to animal welfare?	The cows and goats grazed freely in the mountain pastures all summer. In the winter they were kept indoors, following the legislative regulations for animal welfare.	The production protocol specifies the continuation of this practice.	The cows and goats graze freely in the mountain meadows all summer. In the winter they are kept indoors, following the legislative regulations for animal welfare.
Animal diet	What is the composition of the feed? Does it contain silage, GMOs, etc.?	The animals were not fed silage or GMO feed, only forage in the summer, hay in the winter and some supplementary cereals.	The production protocol specifies the continuation of this practice.	The producers' protocol formally establishes that the animals must not be fed silage or GMO feed, only forage in the summer, hay in the winter and some supplementary cereals.

Enviromental Sustainabi-

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Processing	Yes/No. If yes, is the technique artisanal?	Yes, the technique has always been artisanal.	The production protocol specifies the continuation of this practice.	Yes, the production technique specified by the protocol is traditional and artisanal.
Product preservation	Yes/No. If yes, is the processing technique artisanal?	Yes, the aging took place in natural environments owned by external affineurs.	Slow Food encouraged the Presidium producers to take over the cheese aging (which can take up to 10 years) themselves, bringing greater profits and autonomy.	The aging is now done collectively in a natural aging facility run by the producers' consortium in Gerola Alta.
Production protocol	Are there any specifications? Are they shared? Are they applied? Are they effective?	Before the Presidium there were only a few guidelines in the statute of the producers' association.	Meetings were held with the producers to encourage them to draft and share a single document that regulated all the production steps.	All the producers have signed the protocol.
Packing/communication of product	Is there any packaging? Is it eco-sustainable? Are the product's characteristics properly described on the label?	The cheese was sold without packaging, only labeled with the PDO label. The association's logo was branded on the forms.	The production protocol specified the continuation of this practice, until the branding was blocked by the ministry.	The producers sell the cheeses whole, without packaging, but when they are shipped in pieces, sometimes they must be vacuum-packed. The Presidium can now use the PDO label and the cheeses are branded with the name of the mountain pasture.

Economic Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Short distribution chain	Do the Presidium producers sell directly? If yes, how and where? Do they participate in Slow Food Earth Markets? Are there many intermediaries between the producers and consumers?	The producers sold mostly to traders, and a very small amount was sold directly to consumers from the dairy. There were various intermediaries.	Slow Food encouraged direct purchase from the producers and their participation in fairs and markets.	The Presidium producers still sell a small amount of cheese directly from the dairy. The majority of their production goes to the collective aging facility, of which they are the joint owners. The cheese is then sold directly at fairs, producers' markets and by mail order.
Sales and marketing	Is the market for the products local, national or international?	The market was local and regional.	Slow Food supported the development of many opportunities for selling the product nationally and internationally, bringing it wider fame.	The market is mostly national, as well as local and international.
Sales price	What is the sales price? Has it gone up? Is it profitable for the producers?	The selling price was around 7 euros a kilo, after the summer pasturing.	Slow Food used its communication tools and influence to increase the demand for heritage Bitto, which was sold at a profitable price to consumers who were more aware of the need to support small-scale producers.	Bitto Trading currently pays the Presidium producers 16 euros a kilo for their cheese at the end of summer pasturing. In addition to this higher price, the producers also get a share of Bitto Trading's profits at the end of the year.
Fair distribution of income	Are profits fairly distributed and do they actually reach the hands of individual producers? (NB only in cases where there is an association)	Before the launch of the Presidium, the producers autonomously sold the forms to traders and affineurs at the end of the summer.	The Presidium encouraged the producers to participate more directly in the process of aging and selling the cheese.	Now the producers sell the majority of their cheese collectively through Bitto Trading. The small remainder is still sold autonomously. At the end of the year, Bitto Trading shares its profits with the producers.
Production quantity	Has there been an increase in production since the establishment of the Presidium? Indicate the initial and current quantities. If there has not been an increase, is it considered a restriction?	In 2003, annual production was around 2,500 wheels (25,000 kilos).		The Presidium's output is now selected based on the final quality of the cheese. Bitto Trading will not buy the cheese if it does not conform to certain quality standards. Because of this, only around 1,500 wheels of Presidium Bitto are released on the market each year. CAMBIATO LEGGERMENTE, ANCORA GIUSTO? Bitto Trading also sells the other cheeses made by the Presidium producers, Mascherpa and Valtellina Casera (the version of Bitto made in the winter).



Italy (Sicily) - Salina Caper

The caper perennial shrub, probably originally brought from tropical regions, has been part of Mediterranean life since time immemorial. There are references to its use as food and medicament in the Bible, in the works of Hippocrates, Aristotle and Pliny the Elder. In Italy, caper is cultivated on a total area of 1000 hectares, in Liguria, Puglia, Campania and on the Italian islands. The island of Salina, to the north of Sicilian coasts, has become the center of Italian quality capers production. Caper bushes are part of the landscape and, until the advent of tourism, capers represented the cornerstone of the island's economy. Harvesting takes place from the end of May until the end of August, every 8-10 days. Pickers start working at 5 in the morning, in order to avoid the burning sun. Capers are then left to dry on jute cloths in a cool place, to prevent them from opening. After few hours, small capers are separated from big buds, which are about to open. They are then salted (placing them in layers alternated with coarse salt) in containers (cugniettu) which are also used for anchovies, or in "tinedde", old wooden barrels cut in half. During the following four of five days, capers must be transferred from one tinedda to another, to prevent the combined action of salt and heat (from fermentation) from ruining them. After about one month, they are ready for consumption. Since the 80', the island's capers production has significantly decreased. There are several reasons for this: competition from cheaper North African products, the impossibility of using machines for the cultivation, the high costs of manpower and new, previously unknown parasites. Salina capers are known for their firmness, fragrance and uniformity. The first feature is particularly important, as a firm bud can last for a very long time (salted capers of this island can be stored for up to two or three years). Another important characteristic is the almost complete absence of insecticides or chemical fertilizers, in order to guarantee the healthiness of the product. Capers are used as an ingredient to spice up many traditional Sicilian dishes, from a tomato and basil sauce to the classic "caponata", or in fish dishes.

The difficult cultivation and the high costs of production, particularly the ones related to harvesting, caused a strong crisis within capers industry. As harvesting operations cannot be mechanized, capers are still picked by hand, which is particularly hard because of the peculiar shape of the shrub. The rustic nature of this species, its frequent but impractical distribution and also the scarcity of specific infrastructures all concur in endangering this product, despite its unquestionable quality. Only a work of promotion and collaboration with all the producers, who are often depending on few, mixed plants, can revive a product which best represents this extraordinary land, with its culture, traditions and landscapes.

Social Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Cultural identity	What is the cultural link with the local area? Does the Presidium preserve traditional knowledge or skills? Does it protect native breeds and traditional plant varieties?	The caper plant is one of the symbols of the island of Salina, an integral part of the landscape and a classic ingredient in the local cuisine. The perennial shrub is typical of Mediterranean vegetation, and its edible parts have long been used in the kitchen. Before the Presidium started, the traditional cultivation of capers was being gradually abandoned: the product's market value was not meeting the high labor costs and imports of capers from North Africa were increasingly meeting demand. The spread of a parasite further reduced production. The old cultivation and preservation techniques were at risk of being lost. Little attention was paid to the selection of one variety or another. The producers were not organized in any way and only a few sold their capers on the market.	Slow Food held a series of meetings with the producers and organized visits from an agronomist to encourage them to safeguard caper production and revive cultivation. The main debate concerned the production protocol, which was drawn up directly with the producers. The protocol defines the variety protected by the Presidium, the native "nocellara," which has firmer and heavier buds than the "spinosa" capers typical of the island of Pantelleria.	Currently a group of six producers grow and process the capers. Some of them also buy capers from other growers on the island. The caper Presidium has encouraged tourism, forging links between local food traditions and the landscape. The local "nocellara" variety is now more highly valued. Salina has become further confirmed as a tourist destination and an agricultural island, not only for its already-renowned wine industry, but also thanks to the role played by caper cultivation in local development. Some caper fields still need to be salvaged and some small-scale producers could be more directly involved in the project.
Training through exchanges	Have there been training exchanges between the Presidium and other entities? Have the Presidium producers traveled, participated in events, etc.?	Before the start of the Presidium, the only event in which the producers participated was the local caper festival, which is still held in the first week of June at Pollara-Malfa, on the island.	Involvement in events like Salina Isola Slow, Salone del Gusto, Slow Fish, Terra Madre and others organized by the national and regional Slow Food network. Some producers also took part in the national assembly of Presidium producers held in 2005 in Tindari, Sicily.	They continue to be involved in events, mostly organized by Slow Food. The producers have acquired a greater familiarity with the national market, building up a network of contacts and learning the best way to present their product.
Formal organization	Does an organizational form exist or has it been created? How are people's roles defined?	There was no form of organization.	Slow Food encouraged discussion to identify whether a simple association or a consortium was best suited to the Presidium: the latter would involve collective sales of the product and higher management costs.	At the moment the producers are still working on setting up an association, with the aim of better organizing their presence on the market.
3.1 Group democracy	Do all the members actively participate?	Before the start of the Presidium, each producer worked on their own.	Slow Food encouraged and organized a series of meetings with the producers so that they could collectively discuss the issues relating to the development of the Presidium.	Thanks to Slow Food's coordination, all the producers actively participate in the life of the Presidium. They take decisions together about the protocol and product sales and take turns participating in conferences and events.
3.2 Group democracy	Does the Presidium involve young people? In what way?	Before the start of the Presidium there were no young caper producers.	Slow Food recently launched a campaign to persuade young people to stay in the countryside and consider a future in agriculture, through articles in its magazines and in other publications and meetings for young people at its events (youth conference at Salone del Gusto 2010, workshop at Cheese 2011). An interview-based research study was initiated, investigating the young people working in agriculture in the Presidia.	Currently two young people are helping their relatives with the caper growing. Additionally, one of the producers has hired a young agronomist to oversee their caper fields. In 2012, they will be involved Slow Food's research on young people and the results will be communicated at Salone 2012.
3.3 Group democracy	What kind of model is used for the distribution of power? (egalitarian, centralized, horizontal, vertical, etc.)	Before the start of the Presidium, the producers were not organized into any kind of association, so there was no distribution of power.	Slow Food asked the producers to democratically choose a coordinator who would represent them and become the intermediary between the group and the national and local branches of Slow Food.	Salvatore D'Amico, a producer, is the current coordinator for the Presidium caper growers. He coordinates participation in events and manages the internet-orders for capers and requests that come through Slow Food guides, making sure that they are divided fairly between all the producers.

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
3.4 Group democracy	Are there opportunities for participation?	Before the Presidium started, there were no meetings between all the producers, only friendships and other personal relationships.	Slow Food asked that the group of producers meet regularly and formally, encouraging them to discuss Presidium issues and to manage shared problems.	The Presidium producers meet to plan their participation in local, regional and national events. Throughout the year, training meetings are held with experts and agronomists from the Slow Food Foundation for Biodiversity network and the local Slow Food convivium.
Relationship with local institutions	Does the Presidium have relationships with local institutions? What kind?	Before the Presidium started, there was no kind of relationship with local institutions.	The producers involved local institutions in their promotion activities. With the support of local institutions, Slow Food created a new event (Salina Isola Slow) and encouraged the publication of many articles on the capers and the island.	Quality tourism to the island has increased. The local, regional and provincial administrations provide funding for events and conferences that involve the Slow Food Presidium producers, including the Presidium's stand at the Salone del Gusto.
Relationship with the Slow Food network	Does the Presidium have a relationship with the local, national and international Slow Food network?	Before the Presidium started, the producers did not belong to the Slow Food network.	Slow Food organized various meetings to introduce the national and regional association and the local convivium to the producers.	The Presidium is connected to both the local and national Slow Food network. Thanks to participation at the international Slow Food events Salone del Gusto and Terra Madre, the producers have come into contact with producers from around the world from the Terra Madre network of food communities, as well as the international Slow Food association.
Pride and social gratification	Are the producers appreciated within the community and had any personal gratification as a result? Has their social role changed and been strengthened?	Before the Presidium started, the importance of cultivating the capers was not recognized.	The producers took part in many events (fairs, conferences, markets, etc.). The national and international press dedicated much attention to them and Slow Food published many articles, which encouraged more media reports.	Slow Food increased the individual gratification of producers, who are now aware of the importance of their work and their protection of the local environment.
Knowledge transmission	Are there horizontal (between Presidium producers) and vertical (between Presidium producers and the community) forms of knowledge transmission? How is knowledge transmitted (at events and conferences, every day)? Has the group expanded? Are they networked with other groups?	Knowledge was passed on within families or to seasonal workers who were supplementing their incomes by picking capers.	Knowledge was shared at meetings between the producers. Through articles, press reports, events and conferences, Slow Food brought knowledge about the product, its quality and the importance of caper growing on the island to a wider public.	In addition to passing on traditional knowledge about production within their families or to seasonal workers, the producers are now also aware that they are the custodians of a shared heritage. The producers have had many opportunities to inform consumers about the difference between generic and Sicilian capers and about the value of caper growing to the island's agriculture and environment.
Educational aspects	Does the Presidium organize or participate in educational activities?	Before the Presidium started, there were no educational activities.	Salvatore D'Amico, the coordinator for the producers, regularly leads Taste Workshops in which he describes the production process and quality of the Salina capers. Every year, the producers host students from the University of Gastronomic Sciences in Pollenzo, who visit the island for study trips.	The producers have become an important source of knowledge for students and consumers. The Presidium regularly organizes educational activities with the UNISG university and during many events.

Enviromental Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Definition of subjects and **Production Area**	Who are the producers, how many are there and where are they?	Before the Presidium started, there were dozens of small-scale harvesters who picked capers on a part-time basis. The capers were either sold to Sicilian traders or unofficially (underground economy).	With the launch of the Presidium, some producers decided to dedicate themselves in earnest to growing, processing and selling capers. The project initially started with three families, and through a series of meetings began involving new producers. Everyone who joins the Presidium must commit to following a strict production protocol.	Currently six families of producers belong to the Presidium. The **Production Area** for the capers is the island of Salina. The aim is to bring in other small-scale pickers interested in supplementing their income.
Local aspects	What does the Presidium do to protect the local ecosystem? (e.g. promoting biodiversity in general, allowing the recovery of pastures and marginal zones, etc.)	The Salina caper pickers kept the dry-stone walls in a good condition and kept their land in order.	During various meetings, the Presidium inspired reflection on the importance of traditional agricultural practices in protecting the local environment.	The surface area planted with capers has increased, reducing soil erosion. Terracing has been restored.
Water use	Yes/No. If yes, how is water managed?	No irrigation is necessary and the quantity of water used for processing is marginal.	No specific action, as changes were not necessary.	It is not necessary to regulate the use of water.
Chemical fertilizers	Yes/No. If yes, what kind and how much?	Chemical fertilizers were not used.	The protocol specified the continuation of traditional practices and did not allow the use of chemical fertilizers.	None of the Presidium producers can use chemical fertilizers.
Organic fertilizers	Yes/No. If yes, what kind and how much?	Organic fertilizers were not used.	The protocol specified the continuation of traditional practices and allowed the use of organic fertilizers.	If necessary, the producers can use organic fertilizers.
Crop protection	What products are used?	No treatments were used.	The protocol specified the continuation of traditional practices and did not allow the use of treatments.	None of the Presidium producers can use chemical treatments. To deal with the fly that, at a certain point in the season, lays its eggs in the buds and spoils the capers, the growers suspend the harvest.
Type of energy used	Does the Presidium use renewable energy?	No type of energy was needed (neither fossil fuel-based nor renewable).	The protocol specified the continuation of traditional practices and did not allow mechanized harvesting, which in any case would be impossible given the characteristics of the terrain and the shrubs.	No energy is used.
Seed acquisition	How are seeds acquired? Are they bought or reproduced?	Traditionally the plant was propagated asexually, using cuttings.	The protocol specified the continuation of the traditional practice of propagation using cuttings.	All the producers use cuttings for propagation.
Rotation	Yes/No. If yes, with what crops?	Rotation was not practiced. The caper shrub lives for 20 to 30 years and as the plants age they are gradually replaced by new plants.	The protocol specified the continuation of traditional cultivation techniques.	Rotation is not necessary.
Intercropping	Yes/No. If yes, with what crops?	Capers were traditionally grown intercropped with olive trees, grapevines and fruit trees.	The protocol specified the continuation of traditional cultivation techniques.	All the producers grow the capers intercropped with olive trees, grapevines and fruit trees.

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Type of farming and animal welfare	Is the farming sustainable? What attention is paid to animal welfare?			
Animal diet	What is the composition of the feed? Does it contain silage, GMOs, etc.?			
Processing	Yes/No. If yes, is the technique artisanal?	The only processed product using capers was a type of pesto, made only for home use.	Slow Food encouraged the producers to experiment with quality recipes to use capers that were too large and did not meet Presidium standards.	A recipe has been identified for the production of a quality, artisanal pesto.
Product preservation	Yes/No. If yes, is the processing technique artisanal?	Traditionally the capers were preserved in sea salt or in brine.	The protocol specified the continuation of traditional preservation techniques.	The producers use traditional preservation techniques.
Production protocol	Are there any specifications? Are they shared? Are they applied? Are they effective?	Before the Presidium started, there were no specifications.	During a series of meetings, the producers drafted a production protocol with the assistance of agronomy experts from the Slow Food Foundation for Biodiversity.	The production protocol is signed and applied by all the producers.
Packing/communication of product	Is there any packaging? Is it eco-sustainable? Are the product's characteristics properly described on the label?	Before the Presidium started, the capers were sold loose.	During the meetings to draft the production protocol, the producers chose some types of packaging and established different prices according to the traditional grades.	Currently the Presidium packages the capers in little plastic bags and in glass. The labels contain the name of the business, the grade of the capers, the expiry date and the ingredients used to preserve the capers. The production protocol defines the grades, which have traditional names: occhio di pernice (diameter under 7 mm), lagrimelle (diameter between 7 and 8 mm), puntine (diameter between 8 and 12 mm), mezzani (diameter between 12 and 14 mm) and capperoni (above 14 mm in diameter and close to flowering).

Economic Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Short distribution chain	Do the Presidium producers sell directly? If yes, how and where? Do they participate in Slow Food Earth Markets? Are there many intermediaries between the producers and consumers?	Before the Presidium started, the capers were sold to Sicilian traders or on the small local market, mostly off the books.	The Presidium has encouraged direct sales, communicating the producers' names on websites and through articles and publications.	Direct sales account for around 50 percent. The producers sell from their farms, at local markets, to restaurants (5 percent of the product goes to restaurants from the Alliance, a Slow Food network that unites 280 Italian restaurants), national buying groups (10 percent) and the international market (5 percent). The remainder is sold to traders and distributed to shops and supermarkets around Italy.
Sales and marketing	Is the market for the products local, national or international?	Before the Presidium started, the capers were sold to Sicilian traders or on the small local market, mostly off the books.	Slow Food promoted the Presidium product through communication to its members, on its website and at events.	The market is now local, national and international.
Sales price	What is the sales price? Has it gone up? Is it profitable for the producers?	Before the Presidium started, the selling price was 4 euros a kilo. The price was not very profitable for producers.	Slow Food's communication generally asserted the need for Presidia products to command more profitable prices, in this case justified by the need to grow the capers in difficult terrain.	The current selling prices depend on the grade and range from 6.50-7.50 euros per kilo for wholesale and 10-11 euros per kilo for retail.
Fair distribution of income	Are profits fairly distributed and do they actually reach the hands of individual producers? (NB only in cases where there is an association)			
Production quantity	Has there been an increase in production since the establishment of the Presidium? Indicate the initial and current quantities. If there has not been an increase, is it considered a restriction?	The total quantity of capers produced on Salina before the Presidium started is not known. When the Presidium started, the initial three producers were producing 250 quintals of capers.	The creation of the Presidium led to an increase in demand and the need to satisfy this demand by growing and harvesting more capers.	By 2011, there were six producers, and total production is currently 850 quintals.

Netherlands - Aged Artisanal Gouda

The town of Gouda became a central cheese market in the seventeenth century, and the first weighing rights were granted in 1668. Farmers and traders were obliged to weigh their cheeses here and taxes were imposed. Records from that time show that at least a million kilos of farmstead cheese were traded that year. In the northern parts of the Netherlands, dairy cooperatives took over cheese production from individual farmers in the late 1800s. Fortunately, the Gouda cheesemakers resisted this trend, and traditional farmstead cheesemaking has persisted till today. Some 250 cheese makers in The Netherlands, most of them in the Gouda region, still produce raw milk farmstead cheese (called boerenkaas). Their numbers are shrinking due to the expansion of urban areas, increased production costs, hygiene restrictions and the abundance of cheap pasteurized imitations. Boeren-Goudse Oplegkaas, as Aged Artisan Gouda is called in Dutch, is made from raw milk only during the summer season, when cows are grazed on the open pastures of the peat meadows or polders of the Green Hart region, between the cities of Amsterdam, Rotterdam and Utrecht. Boeren-Goudse Oplegkaas cheeses must age for at least two years but can age up to four years (opleg means 'aged' in Dutch). Like all Gouda, Boeren-Goudse Oplegkaas is a washed-curd cheese. Washing the curd removes part of the lactose, which reduces the possibility that acidity and bitterness build up in the aged forms. The cheesemaking starts with the warm milk of the morning's milking, which is mixed with a starter culture made on the farm. Authentic Boeren-Goudse Oplegkaas is peerless in taste, with a sweet mild flavor that blooms in the mouth, a well-structured aftertaste with a light acidity and the warm caramel taste that characterizes most Gouda. Its dense curd remains creamy and full even after it has been stored two or three years on wooden shelves.

Production Area: Green Hart Region, between the cities of Amsterdam, Rotterdam and Utrecht

Social Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Cultural identity	What is the cultural link with the local area? Does the Presidium preserve traditional knowledge or skills? Does it protect native breeds and traditional plant varieties?	In the 17th century, the Dutch town of Gouda was a strategic hub for the cheese market. The first taxes imposed on farmers for the sale of cheeses (calculated based on their weight) date back to 1668, and in 1698 over 1,000 tons of farmstead cheese were sold. At the end of the 19th century, cheese production in northern Holland began to switch from individual cheesemakers to a series of large dairy cooperatives. Fortunately a few small-scale producers managed to resist, preserving the traditional Gouda. The cheese was made with raw milk from Holstein-Friesian cows (a milk cow not to be confused with the more common and productive Friesian) and aged for at least a year in traditional wooden molds lined with linen. The cheese's survival was threatened by the spread of urbanization and a combination of other factors: rising production costs, the low price of cheese and competition from industrial imitations made from pasteurized milk. These were much cheaper and increasingly easy to find on the national and international market. The Gouda that is widely distributed internationally today bears little relation to the authentic Gouda made in the traditional way, which uses only raw cow's milk and is aged for at least one year.	A production protocol was drawn up, with full participation from the producers, to preserve Gouda's traditional production technique. A brand was registered to help producers protect themselves from the imitations found on the national market. At the same time, the product was promoted in the Netherlands and internationally, as an alternative to the current marketing system.	The promotion activities for the product and its brand brought greater visibility to the cheese's unique characteristics. This led to more interest from the public, and the cheese has now become a symbol of small-scale raw-milk cheesemaking in the Netherlands. Additionally, the pasturing of the cows required by the protocol has contributed to preserving the landscape of peat meadows (polders) in the Gouda region. With the launch of the Presidium, consumers have learned to tell the difference between industrial Gouda and aged, artisanal Gouda.
Training through exchanges	Have there been training exchanges between the Presidium and other entities? Have the Presidium producers traveled, participated in events, etc.?	Before the establishment of the Presidium, the producers did not take part in local, national or international events and they did not understand the importance of small-scale, raw-milk cheese production.	The Presidium producers began to participate in international events organized by Slow Food (Salone del Gusto, Terra Madre, Cheese, etc.), and during seminars and conferences they met raw-milk cheesemakers from around the world.	Thanks to exchanges with other cheesemakers and Presidia, the Gouda producers have acquired a greater familiarity with the national and international market, building up a network of contacts and learning the best way to market heir product. The Presidium has also had a major impact on the whole sector of raw-milk cheese production in the Netherlands.
Formal organization	Does an organizational form exist or has it been created? How are people's roles defined?	The producers were not in contact with each other.	Local Slow Food coordinators and Slow Food Foundation experts began working with some of the producers in the Gouda region, and the Presidium was established. A production protocol was drawn up and a brand was registered to distinguish traditional Gouda.	The producers have now formed an association and have signed the production protocol, which enabled the protection of the traditional production technique.
3.1 Group democracy	Do all the members actively participate?	No	The Presidium producers took part in various meetings with the local coordinators and Slow Food staff.	The Presidium producers meet regularly to decide what actions to carry out in regards to production and promotion of the product.
3.2 Group democracy	Does the Presidium involve young people? In what way?	No, young people did not take part in the Gouda production process.	Some Presidium producers started involving their children in the business.	The association of Presidium producers collectively manages the promotion of the Gouda, while the direct sale of the cheese is organized separately by producers.
3.3 Group democracy	What kind of model is used for the distribution of power? (egalitarian, centralized, horizontal, vertical, etc.)	The producers were not in contact with each other.	Following the launch of the Presidium the producers met several times to strengthen their collaboration and make collective decisions.	The association of Presidium producers collectively manages the promotion of the Gouda, while the direct sale of the cheese is organized separately by producers.

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
3.4 Group democracy	Are there opportunities for participation?	The producers were not in contact with each other.	The producers met regularly and thanks to their collaboration a production protocol was drawn up that preserves Gouda's traditional production technique.	The Presidium organizes regular meetings for all the association's farmers. New producers can be involved only if they agree to follow the production protocol.
Relationship with local institutions	Does the Presidium have relationships with local institutions? What kind?	No	Thanks to participation in local events and promotion of the project, the Presidium developed contacts with local associations and institutions.	The Presidium is maintaining and strengthening its good relationships with the local authorities. Its promotion activities are bringing visibility not only to the product, but also the Gouda and Groene Hart areas.
Relationship with the Slow Food network	Does the Presidium have a relationship with the local, national and international Slow Food network?	No, the Presidium was not in contact with the Slow Food and Terra Madre network.	The producers took part in various local, national and international events organized by Slow Food. They also shared Slow Food's commitment to the campaign to protect raw-milk cheese production.	The Presidium belongs to the Slow Food network and participates in the activities of the three nearest convivia (Groene Hart, the Hague and Rotterdam).
Pride and social gratification	Are the producers appreciated within the community and had any personal gratification as a result? Has their social role changed and been strengthened?	The majority of consumers did not know or appreciate the difference between artisanal raw-milk Gouda and industrial Gouda.	The producers took part in many international events and the national and international press dedicated much attention to them.	The producers are now aware of the importance of their work and its connection to the protection of their local area. Additionally, the Presidium producers are now national ambassadors for raw-milk cheese production.
Knowledge transmission	Are there horizontal (between Presidium producers) and vertical (between Presidium producers and the community) forms of knowledge transmission? How is knowledge transmitted (at events and conferences, every day)? Has the group expanded? Are they networked with other groups?	The producers worked on their own.	The producers all agreed to follow the production protocol and began to collaborate regularly. The producers took part in many international events, the national and international press dedicated much attention to them and articles and brochures were published. The producers spoke with restaurateurs, food experts and schools regularly about their work.	Knowledge about the area and the product is shared among producers and the international and local community (Slow Food convivia, cooks, journalists, schoolchildren. etc.).
Educational aspects	Does the Presidium organize or participate in educational activities?	Visitors would occasionally come to the dairies of the Gouda producers.	The producers, helped by the local Slow Food coordinators, began organizing guided tours of their dairies for food professionals and local schools.	Thanks to the Presidium's activities, increasing numbers of experts in the sector (cooks, restaurateurs, journalists, etc.) and schoolchildren are learning about the local area and valuing the production of artisanal raw-milk Gouda.

Enviromental Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Definition of subjects and **Production Area**	Who are the producers, how many are there and where are they?	3 producers	The cheese's production and long aging require great commitment. The Presidium made every effort to ensure that this production would not disappear.	Two families decided to continue producing artisanal Gouda. With Slow Food's support, for the first time they extended the aging period for the cheese, improving its quality and flavor.
Local aspects	What does the Presidium do to protect the local ecosystem? (e.g. promoting biodiversity in general, allowing the recovery of pastures and marginal zones, etc.)	Aged artisanal Gouda (Boeren-Goudse Oplegkaas in Dutch) was made with raw milk only in the summer, when the cows were pastured on the peat meadows of the Groene Hart region, between Amsterdam, Rotterdam and Utrecht.	The Presidium did not need to change the production system to improve its sustainability. It was more a question of preserving the work the producers were already carrying out, together with promotion at a local, national and international level.	
Water use	Yes/No. If yes, how is water managed?	In the summer, when the cows were pastured, canal water was used.	The protocol specified that this element not be modified.	In the summer, when the cows are pastured, canal water is used.
Chemical fertilizers	Yes/No. If yes, what kind and how much?	No		No
Organic fertilizers	Yes/No. If yes, what kind and how much?	No		No
Crop protection	What products are used?	No		No
Type of energy used	Does the Presidium use renewable energy?	No		No
Seed acquisition	How are seeds acquired? Are they bought or reproduced?	When not pastured, the cows were fed only with corn grown by the farmers themselves.	The protocol specified that this element not be modified	The cows pasture outdoors in the summer, and in the winter they are fed a natural diet (corn and beets) produced on the farm.
Rotation	Yes/No. If yes, with what crops?	The producers only grew corn.	The production protocol specified that corn be rotated with forage crops.	The rotation of corn and forage crops is planned.
Intercropping	Yes/No. If yes, with what crops?			
Type of farming and animal welfare	Is the farming sustainable? What attention is paid to animal welfare?	During the summer, the cows pastured outdoors day and night. In the colder months they were kept in sheds.	The protocol ensured that the traditional farming system was not changed.	The protocol guarantees the welfare of the animals even while the cows are kept indoors.
Animal diet	What is the composition of the feed? Does it contain silage, GMOs, etc.?	During the winter, the farmers used corn and, at times, silage.	The protocol bans supplementing the cows' diet with silage and GMO feed.	The producers don't use silage or GMO feed.
Processing	Yes/No. If yes, is the technique artisanal?	The cheese was produced using raw milk from Holstein-Friesian cows. An unusual feature of the processing was the washing of the curd: after cutting, the mass was heated and rinsed with hot water. This gave the Gouda a balanced sweetness, limiting the acidity and bitterness that could otherwise develop during aging. Additionally, starters produced in the dairy from the previous day's milk were used to curdle the milk.	The protocol ensured that the traditional processing system was not changed.	The Presidium producers have become ambassadors for the production of raw-milk Gouda and its traditional production technique.

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Product preservation	Yes/No. If yes, is the processing technique artisanal?	The cheeses, weighing 20 kilos or more, were shaped in traditional wooden molds lined with linen. The word opleg means “aged,” and the cheeses were aged for a minimum of 12 months, though they could mature for up to five years. To obtain the classic golden, glossy exterior, the producers applied a thin film of plastic to the cheese.	The Presidium producers began working to extend the minimum aging time (currently 12 months).	Currently the protocol requires a minimum aging of 12 months, but the producers are working to change it to 24 months. The best rounds age for up to five years. The problem of the plastic film on the exterior has not yet been resolved.
Production protocol	Are there any specifications? Are they shared? Are they applied? Are they effective?	No	The production protocol was drawn up.	Yes, the two producers follow the production protocol.
Packing/communication of product	Is there any packaging? Is it eco-sustainable? Are the product’s characteristics properly described on the label?	Before the establishment of the Presidium, the Gouda was branded as an artisanal product.	The producers worked on the Gouda aging process to evaluate the characteristics necessary for the aged artisanal Gouda brand. The producers created the “Boern Goudse Oplegkaas” brand.	The Gouda is covered by a thin film of plastic that protects it from bacteria and impurities. The producers sell wedges of Gouda directly to consumers, packaged in paper. The Presidium cheese bears the “Boeren Goudse Oplegkaas” brand.

Economic Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Short distribution chain	Do the Presidium producers sell directly? If yes, how and where? Do they participate in Slow Food Earth Markets? Are there many intermediaries between the producers and consumers?	The producers sold the Gouda two weeks after its production to the De Producent cooperative. The cooperative, founded in 1915 in Gouda, had an aging facility for cheese and it took care of the aging and sale of the cheese. One of the producers would buy the aged cheese back from De Producent to sell it in their shop. During the aging period, the quality of the Gouda was monitored by the producers themselves.	The producers worked to promote the quality of their cheese.	The situation is unchanged, though the cooperative that ages the cheese charges a higher price for Presidium cheese.
Sales and marketing	Is the market for the products local, national or international?	Local	The producers sold directly only from their dairies and during Slow Food events in the Netherlands and at an international level.	The cheese's market is 80 percent local and national, and 20 percent international.
Sales price	What is the sales price? Has it gone up? Is it profitable for the producers?	The De Producent cooperative sold the Presidium cheese at 8 euros a kilo.		The De Producent cooperative pays the producers between around 3.50 and 4.50 euros per kilo of Gouda. The price is decided by the national commission for the production of artisanal cheese and depends on the time of year, the weight of the cheese and the quantity of cheese produced. The cooperative resells the Presidium cheese at 11-12 euros. The Gouda is sold to the consumer at 20-25 euros a kilo in the Netherlands, 15-18 euros if bought directly from the farm and 25-30 euros on the international market.
Fair distribution of income	Are profits fairly distributed and do they actually reach the hands of individual producers? (NB only in cases where there is an association)			
Production quantity	Has there been an increase in production since the establishment of the Presidium? Indicate the initial and current quantities. If there has not been an increase, is it considered a restriction?	5,000 kilos	Thanks to the support of Slow Food, for the first time they extended the Gouda's aging period, improving its quality and flavor.	In 2010, the Presidium producers sold 3,700 kilos of Gouda to the De Producent cooperative.

Romania - Bucegi Mountains Branza de Burduf

In Transylvania, on the slopes of the high Bucegi Mountains in the Carpathians, droving shepherds still make a living as cheesemakers.
At the beginning of summer the herders collect animals from local farmers and herd their flocks to mountain dairies (stâne). Here they process the raw milk and in return for this service, keep part of the cheese and several lambs. The Romanian heritage sheep breeds are Turcana and Tigae, the first having a thick fleece traditionally use to make jackets and rugs. They are hardy breeds, well adapted to mountain pastures which can only be accessed by narrow paths. Transylvanian shepherds use the milk to make Telemea – similar to Greek feta– Urda (ricotta), Cascaval and Ca?. The latter is the basis for Brânzá de Burduf, the most valuable among Romanian cheeses.
To make Ca?, calf or lamb rennet is added to fresh milk, which is left to curdle after being heated to 40°. The curd is then broken into small pieces. This is left to settle for 45 minutes, after which the curd is wrapped in a cloth. To drain the whey, the cloth is wrung and the curd is pressed under a wooden board with heavy stones placed on top. The paste is then placed inside a wooden container. Cas can be eaten fresh or left maturing in sheep's skin or bladder after being ground and salted. For the rarest version, the cheese is aged inside coaj? de brad (fir tree bark) and is called Branza de Burduf.
Branza de Burduf in fir tree bark is produced from May to July, when the trees are rich in aromatic resin: after the bark is scraped, it is softened in hot whey and then sewed to produce cylindrical containers 20-25 cm high and 10 cm wide, sealed with bark discs at the edges.
Branza can be aged from 20 days to 2-3 months, its flavor becoming increasingly spicy with aging. Fir tree bark imparts a resinous flavor on the cheese and enhances its sensory qualities.
Production Area: Municipalities of Bran, Moeciu and Fundata, Brasov County

Social Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Cultural identity	What is the cultural link with the local area? Does the Presidium preserve traditional knowledge or skills? Does it protect native breeds and traditional plant varieties?	Branza de Burduf is a traditional cheese made from cow and sheep milk and aged in cylinders of fir bark. This ancient cheese is made throughout the Carpathian mountains, but the Presidium is focused on the most historic **Production Area**, the Bucegi mountains, in the southern Carpathians. The abundance of fir trees here led to the use of their bark as a container for the cheese. The tradition of seasonally migrating livestock is still commonly practiced and cheesemaking is one of the main activities. However, an overly rigid application of European hygiene regulations was putting traditional herding and production techniques at risk. Two local sheep breeds still survive here, the Tigae and the Turcana.	A production protocol was drawn up to establish standards for the cheesemaking in mountain pastures and obtain a legally acceptable cheese of consistently high quality. This specifies that the animals must be pastured, describes the processing steps, establishes the aging periods and guarantees greater attention to food safety. Later a facility was built for processing and aging the cheese, and work is currently ongoing to make sure the milking, cheesemaking and aging in the mountain dairies meets legal standards. At the same time, the product is being promoted in Romania and on the international market.	The producers have signed a production protocol that guarantees the authenticity of the cheese and preserves the traditional production techniques. The promotion of the cheese on the local, national and international market has brought higher profits, encouraging the producers to maintain the mountain pastures and safeguard the cheese, a symbol of the local culture. The cheese contributes to the survival of the local sheep breeds.
Training through exchanges	Have there been training exchanges between the Presidium and other entities? Have the Presidium producers traveled, participated in events, etc.?	Before the Presidium was established, the producers did not participate in any events: locally, nationally or internationally.	The producers sold their cheese directly from their dairies and during Slow Food events in Romania and abroad. Since 2007 at least three of the Presidium producers have regularly participated in at least one international event a year, including Salone del Gusto (Turin) and Cheese (Bra), with a stand where they could present and sell their product. The Presidium producers began participating regularly in the Bucharest Earth Market and the weekly farmers' market organized by Slow Food Brasov.	The producers have acquired a greater familiarity with the national and international market, building up a network of contacts and learning the best way to present their product.
Formal organization	Does an organizational form exist or has it been created? How are people's roles defined?	There was no form of organization.	The Presidium coordinator set up a facility for processing and aging the cheese, with the aim of making it available to all the producers who respect the protocol.	The Presidium producers who use the new facility are working to form an association and to register a shared brand.
3.1 Group democracy	Do all the members actively participate?	No	Various meetings were set up to share the production protocol with the producers.	The producers meet three times a year to make decisions about promotion and issues relating to production.
3.2 Group democracy	Does the Presidium involve young people? In what way?	No	A young man from the community involved in Branza de Burduf production has taken part in Terra Madre and Salone del Gusto andis now committed to the economic, social and cultural importance of the project.	The Presidium coordinator, who is also a cheesemaker, is 32. Other young people are gradually becoming interested in the project.
3.3 Group democracy	What kind of model is used for the distribution of power? (egalitarian, centralized, horizontal, vertical, etc.)	The producers were not organized and there was no decision-making structure.	The Presidium producers started communicating directly among themselves about production challenges. These discussions involved everyone in an egalitarian way.	Currently the Presidium producers are collectively managing the processing and aging facility, in an informal way. The Presidium coordinator is also the owner of the structure, which is made available to the others for free, and he oversees the management of the facility. The producers meet informally at least three times a year to discuss forms of promotion and issues relating to production. Decisions are generally taken collectively.

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
3.4 Group democracy	Are there opportunities for participation?	No	Since the Presidium was established, various meetings have been organized with the producers to help them to collaborate and work together.	The Presidium organizes regular meetings for all the producers. New producers can be involved only if they agree to follow the production protocol.
Relationship with local institutions	Does the Presidium have relationships with local institutions? What kind?	No	The Presidium organizes meetings with a local veterinarian and international experts (Slow Food consultants), inspiring discussions about the future for the artisanal production of Branza de Burduf.	The Presidium has a good relationship with the local health authorities, who have already certified the dairy (now authorized for direct sales). An important and innovative initiative is now underway to ensure that the first processing phase, which takes place in the individual mountain dairies, meets hygiene regulation standards. Making the cheese involves an initial processing phase in mountain huts, followed by further processing and aging in the shared facility at a lower altitude.
Relationship with the Slow Food network	Does the Presidium have a relationship with the local, national and international Slow Food network?	No	The producers' participation in various local, national and international events organized by Slow Food has allowed them to become very familiar with the association.	Yes, the Presidium has an excellent relationship with both the Slow Food Bran Moeciu Convivium and the Slow Food network in Romania. The Presidium also participates actively in the Terra Madre Balkans network.
Pride and social gratification	Are the producers appreciated within the community and had any personal gratification as a result? Has their social role changed and been strengthened?	Herding was still considered an inferior, old-fashioned activity in Romania, of little interest to younger generations.	The producers took part in many international events, the national and international press dedicated much attention to them and articles, brochures and interviews were produced (including an interview with the BBC in 2009, for example). Some producers actively participated in conferences and seminars.	The Presidium producers have understood the importance of their work in safeguarding herding traditions, local breeds and their cheese.
Knowledge transmission	Are there horizontal (between Presidium producers) and vertical (between Presidium producers and the community) forms of knowledge transmission? How is knowledge transmitted (at events and conferences, every day)? Has the group expanded? Are they networked with other groups?	Initially the three Presidium producers worked independently, each following their own recipe.	The producers helped draw up the production protocol and define the characteristics that distinguish the product. The producers took part in many international events and the national and international press dedicated much attention to them. Twice a year, the producers collaborate with Slow Food Bran Moeciu Convivium to present their work and products to children, who also participate in taste education activities.	The production protocol came out of an exchange of knowledge between the three producers who started the project. Thanks to this document a shared methodology for producing the cheese has been defined, and can be taught to new producers who want to join the Presidium. Knowledge about the area and the product is shared among producers and the international and local community (Slow Food convivia, children, etc.).
Educational aspects	Does the Presidium organize or participate in educational activities?	No	At least twice a year the Presidium producers participate in educational activities organized by the Bran Moeciu Convivium at Palamari's Centre for Education in Fundata.	Every year, several hundred children have the chance to learn about the product and its local area.

Enviromental Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Definition of subjects and **Production Area**	Who are the producers, how many are there and where are they?	Three herders and cheesemakers in the municipalities of Bran, Moeciu and Fundata, in the county of Brasov.	After the first few years, two new producers joined the project.	Five producers, who will soon be forming an association.
Local aspects	What does the Presidium do to protect the local ecosystem? (e.g. promoting biodiversity in general, allowing the recovery of pastures and marginal zones, etc.)		The project did not need to change the production system to improve its sustainability. It was more a question of preserving the work the producers were already doing, and organizing promotion at a local, national and international level.	The Presidium carries out an essential role in maintaining the culture of mountain cheesemaking and preserving the landscape and the biodiversity of the pastures. The Presidium also protects the survival of two local sheep breeds, the Tigae and the Turcana.
Water use	Yes/No. If yes, how is water managed?	No		No
Chemical fertilizers	Yes/No. If yes, what kind and how much?	No		No
Organic fertilizers	Yes/No. If yes, what kind and how much?	No		No
Crop protection	What products are used?	No		No
Type of energy used	Does the Presidium use renewable energy?	No		No
Seed acquisition	How are seeds acquired? Are they bought or reproduced?	No		No
Rotation	Yes/No. If yes, with what crops?	No		No
Intercropping	Yes/No. If yes, with what crops?	No		No
Type of farming and animal welfare	Is the farming sustainable? What attention is paid to animal welfare?	At the start of the summer, the local inhabitants handed their animals over to herders who grouped them into herds and took them up to the pastures in the Bucegi mountains, where they stayed until early fall. The animals grazed freely during the day, and were herded into enclosures in the evening. Towards the middle of September, the animals were brought down from the mountains and returned to their owners, who kept them indoors over the winter, feeding them mostly forage harvested from their own land during the summer months.	The protocol ensured that the traditional farming system was not changed.	Branza de Burduf is obtained from milk from animals who graze freely in mountain pastures in the summer. In the winter they are kept indoors.
Animal diet	What is the composition of the feed? Does it contain silage, GMOs, etc.?	The animals feed only on pasture grasses for the whole summer period, with a supplement of local hay in the fall and spring. Unfermented corn was added to their diet during the winter months.	The protocol bans the use of silage and GMO feed and encourages mountain pasturing. These two aspects, crucial to the Presidium, are specified clearly in the production protocol.	The animals feed only on pasture grasses for the whole summer period, with a supplement of local hay in the fall and spring. Unfermented and non-GMO corn is added to their diet during the winter months.

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Processing	Yes/No. If yes, is the technique artisanal?	Yes, the processing technique was artisanal.	The protocol specifies the continuation of the artisanal processing technique.	Yes, the processing technique is artisanal.
Product preservation	Yes/No. If yes, is the processing technique artisanal?	Yes, the preservation technique was artisanal.	The aging facility built by the Presidium is partly carved out of the rock and partly built from stone so that the cheese can continue to be aged artisanally.	Yes, the preservation technique is artisanal.
Production protocol	Are there any specifications? Are they shared? Are they applied? Are they effective?	No	Visits by international cheesemaking experts and veterinarians were organized to help draw up the production protocol.	Yes, there is a shared production protocol, which still needs to be integrated with a dairy management manual.
Packing/communication of product	Is there any packaging? Is it eco-sustainable? Are the product's characteristics properly described on the label?	One of the cheese's characteristics was its aging in a fir-bark cylinder. The bark was cut from selected trees and softened and sterilized in whey. The cheese thus already had its own suitable, original and sustainable packaging. However, there was no kind of labeling on the product.	The production protocol specified the maintenance of this packaging and the traditional technique for preparing the bark. The Presidium producers were given some training on what information to include on a label and labeling formats.	The cheese has kept its traditional packaging, but a recognizable logo has been created and features on a comprehensive label. All the producers use the same label.

Economic Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Short distribution chain	Do the Presidium producers sell directly? If yes, how and where? Do they participate in Slow Food Earth Markets? Are there many intermediaries between the producers and consumers?	The producers sold their cheese mostly to tourists visiting the area or to wholesalers. In both cases the producers did not have the correct food safety authorization and the product had no kind of labeling.	The producers sold their cheese directly from the farm and during Slow Food events in Romania and abroad. Over the years, an awareness-raising campaign targeted Slow Food members in Romania, encouraging them to help promote and sell the cheese.	The producers sell their cheese directly from the farm and during Slow Food events in Romania and abroad. The Presidium producers regularly participate in the Bucharest Earth Market and the weekly farmers' market organized by Slow Food Brasov. The producers can legally sell their product.
Sales and marketing	Is the market for the products local, national or international?	Local	The producers sold their cheese directly from the farm and during Slow Food events in Romania and abroad.	Local, national and international
Sales price	What is the sales price? Has it gone up? Is it profitable for the producers?	The price generally recognized on the local market was 25-30 lei (around 6 euros) per kilo.	The producers sold their cheese directly from the farm and during Slow Food events in Romania and abroad.	The price varies depending on the quantity ordered, but generally it sells for around 25-30 lei (6 euros) per kilo on the local market, commanding higher prices in the capital and at international events.
Fair distribution of income	Are profits fairly distributed and do they actually reach the hands of individual producers? (NB only in cases where there is an association)			
Production quantity	Has there been an increase in production since the establishment of the Presidium? Indicate the initial and current quantities. If there has not been an increase, is it considered a restriction?	Around 3 tons.	As of 2011, thanks to the creation of the site www.ferma-bucegi.ro, the Presidium became better known in Romania and began to be sold in considerably higher quantities.	Around 6½ tons.

Sweden - Jämtland Cellar Matured Goat Cheese

Cellar matured goat cheese is a traditional product from the mountainous area of central Sweden. There are today producers in the counties of Jamtland, Harjedalen and Angermanland. For centuries this cheese, then simply called white goats cheese, was produced in the summer pasture villages, far away from the home farm, as a way to preserve the excellent quality, creamy milk produced from the goats that grazed in a varied pasture of meadows, heath and forest. Now referred to as cellar matured goat cheese, it is still made in a few remaining summer pasture farms as well as by some small-scale home farms that keep their own goats. Each producer's cheese is made unique by the pasture on which the goats graze and by the natural moulds of the old stone aging cellars. Cheese making also means a better chance for survival for the indigenous breed of goat, the Svensk Lantrasget, the primary breed used for producing the cellar matured goat cheese. Once tens of thousands of Svensk Lantrasget could be found in Sweden, but now it is considered a threatened species and only around 2,500 survive today. A relatively small, long-haired goat, it is well adapted to living in a cold climate.

The raw milk cheese is made in the morning by adding the previous evening's milk to the morning milk. Natural mesophillic lactic acid cultures and animal rennet are added. The curd is cut by hand, or with a curd harp, to the size of a kernel of sweet corn. The cheese is pressed into a rectangular wooden cheese mould. It can be either salted or unsalted. The brick shaped cheese forms are matured on wooden boards in stone lined earthen cellars, giving each cheese its own unique taste and colorful crust of natural mould. Generally matured for 6-7 months to produce a cheese full of character, it can also be eaten as a young cheese at 2-3 months, or as a more mature cheese at 4-5 months and up to one year.

Production of traditional raw milk cheese in Sweden has been threatened by increasing industrial cheese production and food safety legislation aimed at large scale production. In recent years legislation has been amended to make possible small-scale production which combines tradition with modern hygiene and microbiology.

Production Area: Counties of Jämtland and Härjedalen, Jämtland Region

Social Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Cultural identity	What is the cultural link with the local area? Does the Presidium preserve traditional knowledge or skills? Does it protect native breeds and traditional plant varieties?	Cellar-matured goat cheese is a typical product from central Sweden, especially the county of Jämtland. Known simply as goat cheese, for centuries it had been made in the summer by small dairies using the excellent milk produced by Svensk Lantrasget goats. The goats grazed in a beautiful landscape of lakes, meadows and conifer forests. Some producers still took their goats up to pasture in the mountains in the summer, not for lack of grazing in the lowlands but to give the cheese a special flavor. Each cheese had unique characteristics, which came from the diversity of the pastures and the natural molds that formed on the surface during aging in ancient stone cellars. The production of this cheese also contributed to safeguarding the native Svensk Lantrasget breed. A small long-haired goat, it is well suited to Sweden's harsh climate. There were once thousands of these goats, but the breed is now at risk, with less than 2,500 now surviving.	The revival of this tradition started thanks to the financial support and technical assistance of the Eldrimner association, the Swedish national center for artisanal food products, and the Presidium continued the project. The producers met regularly and began to work together to revive and preserve this ancient tradition. They also began drafting a production protocol. At the same time, the product was promoted in the region and at a national level.	Cellar-matured cheese is now known and appreciated at a local and national level. The Presidium promotes the traditional processing and aging techniques and protects the native Svensk Lantrasget goat breed.
Training through exchanges	Have there been training exchanges between the Presidium and other entities? Have the Presidium producers traveled, participated in events, etc.?	The farmers and cheesemakers ran family businesses and before the launch of the Presidium they could never leave their farms to travel.	The producers started to work together and organize exchanges of knowledge. Thanks to better organization, they could attend training courses and events locally (farmers' markets, local fairs), nationally (Smaklust in Stockholm and the traditional Särimner winter market) and, since 2007, internationally (Salone del Gusto, Terra Madre and Cheese in Italy and Eurogusto in France).	The producers have acquired a greater familiarity with the national and international market, building up a network of contacts and learning the best way to market their product. The Presidium has a good relationship with the Slow Food network in Sweden.
Formal organization	Does an organizational form exist or has it been created? How are people's roles defined?	Before the start of the Presidium, there was no form of organization. Each producer worked on their own, without interacting with the others.	Regular meetings were organized with the producers, during which they discussed the production protocol.	There is still no association, but a shared production protocol is being drawn up and the producers still interact regularly.
3.1 Group democracy	Do all the members actively participate?	Initially collaboration and contact between producers was minimal.	Regular meetings were organized between the producers.	There is good collaboration between the producers and all the Presidium members help each other.
3.2 Group democracy	Does the Presidium involve young people? In what way?	Some of the producers' children were already involved in production, but in general young people had little interest in this work.	Some Presidium producers hosted young people who were interested in learning about cheesemaking.	The children of the producers continue to work in the family businesses with the intention of taking them over in the future.
3.3 Group democracy	What kind of model is used for the distribution of power? (egalitarian, centralized, horizontal, vertical, etc.)	Before the start of the Presidium, the producers were not organized and there was no decision-making structure.	Since the Presidium was established, various meetings have been organized to facilitate collaboration between the producers.	The producers meet several times a year to discuss the problems relating to production and to organize promotion together. Decisions are generally taken collectively.
3.4 Group democracy	Are there opportunities for participation?	No	Since the Presidium was established, various meetings have been organized to facilitate collaboration between the producers.	The Presidium organizes regular meetings for all the producers. New producers can be involved only if they agree to follow the production protocol.

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Relationship with local institutions	Does the Presidium have relationships with local institutions? What kind?	Before the start of the Presidium, the producers had no contact with local institutions.	The Presidium has participated regularly in the activities and events run by the Eldrimner association and has made contact with various local and national institutions.	The Presidium can count on the support of various local and national institutions, including the municipality and Swedish universities.
Relationship with the Slow Food network	Does the Presidium have a relationship with the local, national and international Slow Food network?	Before the start of the Presidium, the producers were not in touch with Slow Food and there was no convivium in the area.	The producers participated in various local, national and international events organized by Slow Food. The Presidium coordinator started a convivium.	The Presidium is part of the Slow Food network and participates in the local convivium's activities.
Pride and social gratification	Are the producers appreciated within the community and had any personal gratification as a result? Has their social role changed and been strengthened?	Jämtland cellar-matured goat cheese was only known at a local level.	The producers took part in many events (fairs, conferences, markets, etc.). The national and international press dedicated much attention to them and Slow Food published many articles, which encouraged more media reports.	Their social role within the community has been strengthened. The producers have obtained regional and national recognition (and international attention thanks to the promotion and communication of the Presidium).
Knowledge transmission	Are there horizontal (between Presidium producers) and vertical (between Presidium producers and the community) forms of knowledge transmission? How is knowledge transmitted (at events and conferences, every day)? Has the group expanded? Are they networked with other groups?	Initially the Presidium producers worked on their own farms, with very little interaction amongst themselves.	The producers worked together to draw up the production protocol and define the characteristics that distinguish their product. The meetings between the producers serve as vehicles for knowledge and sharing experiences. Through articles, media reports, events and conferences, Slow Food brought knowledge about the product and its quality to a wider public.	Knowledge relating to the local area and the product is shared among producers and between producers and the international, national and local community (the Slow Food convivium, etc.).
Educational aspects	Does the Presidium organize or participate in educational activities?	Before the Presidium, there were no educational activities.	The convivium organized educational activities with the Presidium producers and local consumers. During the Smaklust event last year, a goat cheese tasting was organized for children from local schools.	More and more children and consumers have had a chance to learn about the traditional production technique for Jämtland goat cheese, thanks to the activities of the Presidium producers.

Enviromental Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Definition of subjects and **Production Area**	Who are the producers, how many are there and where are they?	6 producers from the county of Jämtland.		6 producers from the county of Jämtland.
Local aspects	What does the Presidium do to protect the local ecosystem? (e.g. promoting biodiversity in general, allowing the recovery of pastures and marginal zones, etc.)	On their family-run farms, the producers sought to continue the traditional customs of producing cheese in saeters, high mountain dairies surrounded by pastures used during summer.	The producers recovered and restored the saeters and their surrounding pastures.	The Presidium carries out an essential role in preserving the culture of mountain pasture cheesemaking and protecting the rural landscape and the biodiversity of the meadows.
Water use	Yes/No. If yes, how is water managed?			
Chemical fertilizers	Yes/No. If yes, what kind and how much?			
Organic fertilizers	Yes/No. If yes, what kind and how much?			
Crop protection	What products are used?			
Type of energy used	Does the Presidium use renewable energy?			
Seed acquisition	How are seeds acquired? Are they bought or reproduced?			
Rotation	Yes/No. If yes, with what crops?			
Intercropping	Yes/No. If yes, with what crops?			
Type of farming and animal welfare	Is the farming sustainable? What attention is paid to animal welfare?	Great attention had always been paid to animal welfare. The producers raised a small number of goats and were very careful about their diet and health. The goats were free to graze outdoors, even in the winter. They are very hardy and resistant to the cold.	The Presidium protocol specified the continuation of attention to animal welfare, and specified a series of improvements (for example, an increase in the space available to each animal).	The goats are raised outdoors and only occasionally kept indoors. The space available to them is sufficient to guarantee their well-being.
Animal diet	What is the composition of the feed? Does it contain silage, GMOs, etc.?	Silage and GMO feed were not used. The goats were fed hay and grass, and given cereals during lactation and in the winter. Almost all the producers produced their own hay and grass and bought organic cereals.	The protocol specified the continuation of a quality diet. The Presidium is also working to increase the proportion of material grown on the farms (the main problem for the production of cereals and hay is the climate).	The goats' diet is based on hay, grass and cereals. Silage and GMO feed are not allowed. All the producers produce their own hay, and three also grow cereals (in the future this practice will be extended to all of them).
Processing	Yes/No. If yes, is the technique artisanal?	The cheese was made using traditional techniques. Wooden molds were used.	The protocol ensured that the traditional processing system was not changed.	The same traditional techniques are still used for the cheesemaking. Wooden molds are used.

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Product preservation	Yes/No. If yes, is the processing technique artisanal?	The cheese was kept in cellars until it reached the right maturity.	The protocol specified that the traditional aging technique be continued.	The cheese is aged in underground cellars.
Production protocol	Are there any specifications? Are they shared? Are they applied? Are they effective?	No	Various meetings were held with the producers to define the production rules.	The draft protocol is almost finished. Once it has been finalized, the protocol will be signed by all the producers.
Packing/communication of product	Is there any packaging? Is it eco-sustainable? Are the product's characteristics properly described on the label?	Each producer had their own label, but no packaging.	The producers attended some courses on sustainable packaging. For example, at Cheese 2011, the Presidium coordinator took part in the conference on labeling held by Piero Sardo, the president of the Slow Food Foundation.	Every producer has their own label, but they do not need packaging as the cheeses are cut and wrapped at the moment of sale. The producers are working to improve the label, increasing the amount of information to really tell the product's story and describe its distinctive features. The aim is to have the new label ready for Salone del Gusto 2012.

Economic Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Short distribution chain	Do the Presidium producers sell directly? If yes, how and where? Do they participate in Slow Food Earth Markets? Are there many intermediaries between the producers and consumers?	The main channel was direct sales, from the farm or at local markets.	The producers took part in important events, both national (Smaklust and Särimner) and international.	The main channel remains direct sales, but awareness of the product and its prestige have increased.
Sales and marketing	Is the market for the products local, national or international?	Local.	Slow Food promotes the Presidium product through communication to its members, on its website and at events.	The market is principally local but also national and international thanks to the producers' participation in fairs and events.
Sales price	What is the sales price? Has it gone up? Is it profitable for the producers?	25 euros per kilo.	The Presidium promoted the product through participation in events and communication.	30 euros per kilo.
Fair distribution of income	Are profits fairly distributed and do they actually reach the hands of individual producers? (NB only in cases where there is an association)			
Production quantity	Has there been an increase in production since the establishment of the Presidium? Indicate the initial and current quantities. If there has not been an increase, is it considered a restriction?	Between 70 and 80 quintals.	The producers decided to concentrate on improving the production chain, not increasing the volume produced.	The volume produced is more or less the same as when the Presidium was started, between 70 and 80 quintals.

Hungary - Mangalica Sausage

The Mangalica pig breed (also called Mangaliza or Mangalitsa) was once found across Hungary and in bordering countries, particularly Romania. The corpulent Mangalica grows very slowly and cannot be kept in closed quarters. It is therefore poorly suited to modern industrial pig farms, and it has been gradually replaced by modern breeds. The pig is distinguished by its rich and curly coat, which is usually blond, sometimes black, and occasionally red. On the Hungarian plains, farmers raise Mangalica pigs free-range and feed them a mix of wild pasture, supplemented with potatoes and pumpkins produced on the farm.

This flavorful pork can be braised slowly in the oven or cooked in stock. Sauerkraut, potatoes, and stuffed peppers are the usual accompaniments. Mangalica breeders also cure their own smoked hams and sausages according to traditional techniques. The sausage, the primary product made from this pig, is produced in various forms and sizes, but the most traditional type is packed in the pig's duodenum and has a diameter of about three centimeters and a length that can reach 70 centimeters. To make the sausage, the meat is minced finely with the animal's lard using an electric grinder and seasoned with salt, pepper, sweet paprika, and other spices, depending on the producer's particular recipe. The sausages are stuffed into casings by hand and cold-smoked over an acacia- or oak-wood fire and are then left to age—ideally for at least two or three months. Traditionally, this cured sausage is eaten in slices accompanied by pickled vegetables such as cucumbers or peppers stuffed with cabbage. The sweet paprika used to season the sausage gives the final product a natural sweetness and a vibrant red color.

Production Area: Kiskunsàg Region

Social Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Cultural identity	What is the cultural link with the local area? Does the Presidium preserve traditional knowledge or skills? Does it protect native breeds and traditional plant varieties?	The Mangalica pig breed (also known as Mangaliza or Mangalitsa) was once highly valued and found across the Pannoninan plain, particularly in Hungary. It is characterized by its unmistakable thick, curly fleece, usually blond, white, black or occasionally pink. A very fat pig, it grows slowly and cannot be kept in a pigshed, and is therefore completely incompatible with industrial farming. After almost become extinct, the breed was rediscovered at the end of the 1990s thanks to its excellent meat, which has a high fat content but a low cholesterol level. Farming Mangalica pigs became a profitable business, even outside their native areas. Unfortunately the very farmers' association that should have protected the Mangalica approved the spread of crosses with the international breed Large White, which produced animals that fattened faster (reaching slaughtering weight in 8-10 months instead of the traditional 18-24 months). However, in the Kiskunság National Park, about 50 kilometers from Budapest in central Hungary, some small-scale farmers are raising pure-bred Mangalica pigs in a semi-wild state, supplementing their forage diet with natural foods produced by the farm.	The small-scale producers in the Kiskunság National Park joined together in an association, which now has organic certification. The Presidium is helping them to promote their products and differentiate them from industrial meat. The aim is to gradually increase the number of animals being farmed and to collaborate with other Hungarian organizations and farms working to safeguard this breed.	The product is now recognized at a local and national level, and is strongly identified with the local culture and traditions. The producers have increased the number of animals farmed, helping to preserve the breed. The group of producers is working to promote the local area, traditions (bread baking, gastronomy) and other livestock breeds.
Training through exchanges	Have there been training exchanges between the Presidium and other entities? Have the Presidium producers traveled, participated in events, etc.?	Before the start of the Presidium, the producers had never participated in local, national or international events.	Since its establishment, the Presidium has taken part in training activities and exchanges with producers and Slow Food members from the Terra Madre network in Tuscany. A series of visits by Slow Food's technical staff helped to identify the project's challenges and potential. The Presidium producers have regularly participated in at least one international event a year, including Salone del Gusto and Terra Madre (Turin), with a stand where they can present and sell their products.	The producers have acquired a greater familiarity with the national and international market, building up a network of contacts and learning the best way to present their product. The Presidium is an integral part of the Terra Madre network in Tuscany.
Formal organization	Does an organizational form exist or has it been created? How are people's roles defined?	There was no form of organization.	Thanks to the work of the local coordinator and the Slow Food Foundation, a number of meetings were organized with the farmers with the aim of creating an association.	The farmers are joined together in the Kiskunsági Hagyományőrző Egyesület association and have obtained organic certification.
3.1 Group democracy	Do all the members actively participate?	No	Meetings were organized to discuss the production protocol with the producers.	The producers meet several times a year to discuss the issues linked to production and to organize promotion together.
3.2 Group democracy	Does the Presidium involve young people? In what way?	No		No, but it is one of the project's objectives.
3.3 Group democracy	What kind of model is used for the distribution of power? (egalitarian, centralized, horizontal, vertical, etc.)	The producers were not organized, and there was no decision-making structure.	With the founding of the association, the producers started meeting regularly. The Presidium coordinator, also a farmer, plays an irreplaceable role in promoting the product and guarantees that the production protocol is being followed correctly.	The Presidium farmers participate in the decision-making process, but most of the responsibility still falls on the coordinator. One of the project's objectives is to ensure more participatory management.

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
3.4 Group democracy	Are there opportunities for participation?	No	The Presidium created an association of producers.	The Presidium's activities include the organization of regular meetings among the association's farmers.
Relationship with local institutions	Does the Presidium have relationships with local institutions? What kind?	No	The promotional activities carried out at a national and international level have convinced the mayors of towns in the park to support the project - in particular school education activities that are organized and run by the farmers.	The Presidium has the support of the mayors of towns located in the park as well as the schools in the area.
Relationship with the Slow Food network	Does the Presidium have a relationship with the local, national and international Slow Food network?	No	Since its creation, the Presidium has participated in training activities and exchanges with producers and Slow Food members from the Terra Madre network in Tuscany. In 2007, some of the Presidium producers started the Slow Food Kiskunság Convivium, and since then they have been actively involved in Slow Food activities in Hungary.	The Presidium is part of the Terra Madre network in Tuscany and is actively involved in Slow Food's activities in Hungary.
Pride and social gratification	Are the producers appreciated within the community and had any personal gratification as a result? Has their social role changed and been strengthened?	Farming was still seen as an inferior, old-fashioned occupation in Hungary, of little interest to younger generations.	The producers took part in many international events; the national and international press dedicated much attention to them; and articles and brochures were published. Some producers participated in conferences and seminars.	The group of Presidium farmers is more motivated and they play an important social and cultural role in their area.
Knowledge transmission	Are there horizontal (between Presidium producers) and vertical (between Presidium producers and the community) forms of knowledge transmission? How is knowledge transmitted (at events and conferences, every day)? Has the group expanded? Are they networked with other groups?	Each of the producers in the initial group used their own recipe to make Mangalica sausage.	The participatory activity of drafting the production protocol helped to define the characteristics that distinguish the product, representing a transmission of knowledge among the producers. Various school education activities were organized to spread awareness about this breed and its products to younger generations.	Knowledge about the area and the product is shared among producers and the international and local community (Slow Food convivia, cooks, journalists, schoolchildren. etc.).
Educational aspects	Does the Presidium organize or participate in educational activities?	No	In 2010 and 2011 the Presidium producers organized educational events with schoolchildren in the Kiskunság Park, with the aim of teaching the children about work on the farm and their own gastronomic traditions.	Around a hundred children a year have the chance to get to know this product and its territory.

Enviromental Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Definition of subjects and **Production Area**	Who are the producers, how many are there and where are they?	10 farmers and producers	After the first years of activity, four new producers joined the project.	14 farmers and producers
Local aspects	What does the Presidium do to protect the local ecosystem? (e.g. promoting biodiversity in general, allowing the recovery of pastures and marginal zones, etc.)	Though the producers were not organized, their farming and production systems were traditional and sustainable.	The Presidium did not need to change the production system to improve its sustainability. It was more a question of preserving the work the producers were already doing, specifying environmentally friendly practices in the protocol and also starting the organic certification process.	The Presidium carries out an essential role in protecting the Mangalica breed and promoting sustainable farming that respects animal welfare and preserves the environment The producers grow the crops for the pigs' diet organically.
Water use	Yes/No. If yes, how is water managed?	No		No
Chemical fertilizers	Yes/No. If yes, what kind and how much?	No		No
Organic fertilizers	Yes/No. If yes, what kind and how much?	No		No
Crop protection	What products are used?	No		No
Type of energy used	Does the Presidium use renewable energy?	No		No
Seed acquisition	How are seeds acquired? Are they bought or reproduced?	One of the ingredients in the recipe for Mangalica sausage is local paprika. Each producer produced their own seeds for the peppers grown to make the paprika.	The Presidium production protocol specifies the continuation of the use of peppers grown on the farm by the farmers themselves.	The paprika continues to be grown by each Presidium producer using sustainable practices.
Rotation	Yes/No. If yes, with what crops?			
Intercropping	Yes/No. If yes, with what crops?			
Type of farming and animal welfare	Is the farming sustainable? What attention is paid to animal welfare?	The pure-bred Mangalica pigs were farmed in a semi-wild state. The sows had pens with hay bedding and were protected from sources of noise.	The Presidium protocol specified the continuation of the same care for animal welfare.	The pigs are raised outdoors and kept in closed pens only occasionally. The spaces available to them (fenced pastures and water ponds) are suitable and guarantee respect for animal welfare.
Animal diet	What is the composition of the feed? Does it contain silage, GMOs, etc.?	Almost all of the animal feed was produced on the farms.	The protocol does not oblige new producers to produce all of the raw materials for the feed on their farm, but it does specify the quality of the diet and organic certification for the feed.	The diet of the Presidium pigs is based on grains (corn, barley, wheat) and green forage and fiber alfalfa hay in the winter, all strictly organic. The use of silage or GMO feed is never allowed.

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Processing	Yes/No. If yes, is the technique artisanal?	Yes, their processing technique was artisanal.	The protocol specified that traditional processing techniques be continued.	Production is artisanal and does not allow the use of nitrites, nitrates and thickeners.
Product preservation	Yes/No. If yes, is the processing technique artisanal?	Yes, the preservation technique was artisanal.	The protocol specified that traditional preservation techniques be maintained.	The preservation involves smoking over a wood fire and aging in natural cellars.
Production protocol	Are there any specifications? Are they shared? Are they applied? Are they effective?	No	Slow Food technical staff visit the Presidium to help draft the production protocol, which was signed by all the producers.	Yes, there is a shared protocol.
Packing/communication of product	Is there any packaging? Is it eco-sustainable? Are the product's characteristics properly described on the label?	The product was not packaged and it was sold without a label.	Participation in many international events convinced the producers to find a suitable packaging solution for the occasions when selling outside their local area, and to improve the labeling of the product.	The sausages are only packaged for selling at events, and plastic packaging is still used. A logo has been created, which is clearly visible on the packing, containing information about the Presidium and the producer. The Presidium cured meats have an organic branding.

Economic Sustainability

SUB-CATEGORY	PARAMETERS	INITIAL SITUATION	DESCRIPTION OF ACTIONS	CURRENT SITUATION
Short distribution chain	Do the Presidium producers sell directly? If yes, how and where? Do they participate in Slow Food Earth Markets? Are there many intermediaries between the producers and consumers?	All sales were directly from the farm.	The Presidium participates regularly in international Slow Food events and many other events organized in Hungary by the network of Slow Food members. Some producers have been in contact with intermediaries who sell on a national and international scale.	Direct sales (from the farm and at events) still play a primary role. Some farmers use small-scale intermediaries to increase their sales volume.
Sales and marketing	Is the market for the products local, national or international?	Local and informal.	The producers primarily sell directly from their farms. They also sell when participating in international and national Slow Food events.	The market continues to be primarily local, but with a growing national and international share.
Sales price	What is the sales price? Has it gone up? Is it profitable for the producers?	15 euros a kilo	The Presidium producers carried out various promotion activities at a local, national and international level.	Around 21 euros a kilo. The price is profitable for the producers, but it will be necessary to further increase sales volumes.
Fair distribution of income	Are profits fairly distributed and do they actually reach the hands of individual producers? (NB only in cases where there is an association)	Each producer sold their own products.	The activities of the Presidium association do not include organizing collective sales of the product.	Each producer sells their own products.
Production quantity	Has there been an increase in production since the establishment of the Presidium? Indicate the initial and current quantities. If there has not been an increase, is it considered a restriction?	It is not possible to determine the initial production quantity.		3 tons (of Mangalica sausage alone). There has been a small increase in production. Competition has been a major problem, as there is still an issue with differentiating the product from pure-bred Mangalica pigs and products from other, larger farms that raise hybrid Mangalica pigs and have lower production costs.

Conclusions

This monitoring of the ten Presidia represents the first phase of a larger project Slow Food intends to implement around the issue of sustainable development. The starting point will be the expansion of the concept of sustainability to factors external to the agro-environmental and economic aspects, but closely connected to them, like the socio-cultural aspect that has contributed to forming the agro-ecosystem over time and currently guarantees its preservation. In brief, this means putting humans back at the center of the system. It means giving anyone who works in agriculture a strong sense of responsibility and the possibility of choice, a possibility often obscured by new agricultural systems that offer "closed" technological packages to farmers and fishers, expropriating their knowledge.

An overall analysis of the ten monitoring grids shows that the Presidia project offers the ideal terrain for triggering processes to encourage self-esteem among producers, new relationships with consumers (or rather, co-producers) and a stronger link between production and place. All the case studies reveal strong growth over the years of the individual gratification of producers, who have now become aware of the importance of their work and the role they play in protecting the biodiversity of their local area.

The Presidia producers participate in many local, national and international events and the media is dedicating ever more attention to them. Over the years, they have developed an increasingly close relationship with the Slow Food network, which has allowed not only the promotion of products and producers, but above all has incentivized the exchange of knowledge between producers, between producers and consumers and between producers and local organizations and institutions.

This is the case with the collaborations the Presidia for Jämtland Cellar Matured Goat Cheese in Sweden and the Wiesenwienerwald Chequer Tree in Austria have initiated with local universities. Environmental and food education activities aimed at schoolchildren (see for example, the Smiylan Beans Presidium in Bulgaria) also encourage the intergenerational exchange of knowledge, a fundamental prerequisite for the birth of a new vision of development. Also in terms of generations, it is particularly interesting to note how improved economic and social conditions have meant that many Presidia (like Santo Stefano di Sessanio Lentil and Heritage Bitto in Italy and Aged Artisanal Gouda in the Netherlands) have been able to involve younger generations, not only in family businesses but also as fully-fledged Presidium producers. In some cases young people also hold key positions in the association, as in the Bucegi Mountains Branza de Burduf Presidium in Romania, where a young man coordinates the group of producers.

Another interesting aspect that emerges from the monitoring is how the activities organized by producers are not only focused on safeguarding plant ecotypes or native animal breeds, but also the protection and promotion of the environment and landscape. This is evident in Presidia that persevere in particularly fragile environments, like high-altitude pastures (e.g. Heritage Bitto in Italy) or small islands (Salina Caper in Italy). In these cases, attention to the concentration of animals on pastures or the renovation of dry stone wall terracing not only bring excellent results for the producers but also carry out the important social function of proper environmental management. Once again, they highlight the irreplaceable value of the multifunctionality of farms and the role of producers as environmental custodians.

Still considering the environmental aspect, it is worth emphasizing how the process of consultation

between producers and experts to draft production and processing protocols has allowed a significant step forward in establishing more sustainable cultivation systems than in the past. These new systems include better water management, more logical soil fertilization and a reduced use of synthetic chemicals. This participatory vision of decision-making has, for example, led the Mangalica Sausage Presidium in Hungary to organically grow the crops used to feed the pigs.

The optimization of farming techniques, a common feature of all ten case studies, has not always led to an increase in production quantities. In fact, this was often not the prime objective. In many cases (Heritage Bitto in Italy, Jämtland Cellar Matured Goat Cheese in Sweden, Smiylan Beans in Bulgaria, Limpurg Cattle in Germany), the focus was on the improvement of quality, with a resulting reduction in quantity. The increase in the quantity of the product now on the market for some Presidia (Salina Caper and Santo Stefano di Sessanio Lentil in Italy, Bucegi Mountains Branza de Burduf in Romania) is actually due to an increase in surface area and a return to production, farming or processing by producers who had previously abandoned the "old" products, discouraged by the market conditions before the establishment of the Presidium, and had been farming or producing new products using new systems.

Unquestionably the agricultural world that joined Slow Food in gambling on the possibility of looking to tradition and ancient knowledge to create sustainable agricultural systems has been rewarded by consumers. These co-producers have shown themselves willing to spend a little more in order to have high-quality products. In all ten cases, we can see an increase in the retail price, justified by the reduced productivity of the systems and their perseverance in difficult areas.

It is also evident that the producers had the opportunity to learn how to market their products, telling their stories and describing their local areas, embracing and supporting the idea that quality is a narrative. This is why all the forms of direct sales, on the farm or at markets and local events, have had such success. Lastly, it is evident that the collaboration between Presidia producers has led to the strengthening or formation of associations in which the farmers can work together on everything to do with product marketing and in some cases make an initial attempt at communal selling. The weak point in all the case studies is clearly the issue of packaging, where there is still much progress to be made.

Having defined the scope of the system in this initial monitoring—a system primarily based on interviews with producers—the Presidia project will now reflect further on its sustainability through the construction of a system of "weighted" indicators, able to succinctly provide useful information about very complex phenomena. The descriptive and measurement indicators of sustainability will be able to assist comprehension of the correlations between different local and global phenomena, identifying and analyzing in a systematic way the changes, trends and key problems, to promote a long- to medium-term strategy and finally to support the decisional processes of businesses and associations.

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